



In honour of the Queen's Platinum Jubilee, the Community Centre will be open to all on Thursday, 2nd June 2022. Please come and see (and join in) some of the groups that use our Centre on a regular basis. See separate sheet.....

Refreshments will be available (tea, coffee, squash, cake, biscuits). Come, meet friends and have a cuppa and a slice of cake.

Paperback and Jigsaw Library will be selling books and jigsaws (50p each).

An art exhibition will be taking place next door in Age Concern. Work on display from Juniper and Carrington Schools and local artists from U3A. Something for all the family.



Please come and support the many groups that use our Centre — give the activities a try! All taster sessions free.

My Pilates Hub must be booked in advance, otherwise, just turn up.

TIME	GROUP	INFORMATION	TASTER SESSION
09.45	Anna Rose Dance	Dance demonstration of ballet/tap	N/A
10.30 11.00	KK Fiit Step	Demonstration plus opportunity to join in activity. Equipment provided.	Wear comfy clothes and trainers
11.30 11.50	Jennifer Morais Zumba Gold	Opportunity to watch but also join in activity	Wear comfy clothes and
12.30 14.15	Badminton	All ages welcome. Opportunity to play and	Trainers required.
14.30 15.00	Mack Yoga Vinyasa Flow	Opportunity to join in activity. Mats provided	Wear comfy clothes
15.15 15.45	My Pilates Hub	<p>Opportunity to join in activity. <i>Bring own mat or bath towel.</i></p> <p>This session <i>MUST</i> be pre-booked in advance by emailing hello@mypilateshub.co.uk</p> <p>Session would teach breathing, core, posture and how to activate correct muscles, etc.</p> <p>Opportunity to join in another free class session at a later date if taster is attended.</p>	<p>Wear comfy clothes.</p> <p>A PARQ form will need to be completed.</p>