

COMMUNITY CAFÉ

With homemade light lunches served daily until 2pm. Snacks and refreshments from 9am - 3pm

FITNESS SUITE

Try our NEW 'powerplate' in the Fitness Suite

Monday-Thursday 9:00am-9:00pm

Friday 9:00am-6:00pm

Saturday 10am-4pm

SOFT PLAY AREA

Soft play room

OPEN 9am until 5pm

Check with Reception as opening times may change

£1 per hour per child

For children 6 years old and under

PROGRAMME LIABLE TO CHANGE AT SHORT NOTICE... CHECK WITH RECEPTION !

MONTHLY EVENTS

2nd Tuesday of the month

Afternoon: Towns Women's Guild

Evening: Pie and Peas and Bingo

3rd Tuesday of the month (6.30 - 8.30pm)

Over 50's *GOING FOR GOLD*

2nd Friday of the month

AMICUS Union

1st Saturday of every month (10 - 12noon)

Dads/Granddads' Kids Club - FREE

Walbottle Campus Parent Surgery (10-11:30am)

Saturday 10th October 2009

Saturday 9th January 2010

Saturday 8th May 2010

Autumn Timetable 2009



The Lemington Centre

Tyne View,

Lemington

Newcastle upon Tyne

NE15 8DE

Tel: 0191 264 1959

www.lemingtoncentre.co.uk

A local resource run by local people for local people

Registered charity: 701016

Please note some activities need to be pre-booked.



Monday

9- 12 noon Playgroup

9 - 10am Health Visitor Drop In

10:00-11:30am Learning Together Through
Play (Stay and Play)

10.00-11.00am Infant Massage (starts Nov.)
Limited places please book

11- 4pm GP exercise on referral gym

12-1:30pm Breastfeeding Support

1- 3pm Baby Clinic

1 - 3pm Wellbeing & Health Trainer
drop in

1.30 -2.30pm Access 2 Fitness

4.30-5.30pm Young Men's Group

7-9pm Sewing Group

Health Suite

Community Nurse Practitioners
available each morning

9 - 11.30. By Appointment
0191 229 1806

Easy **HEALTH WALKS** start from the
Centre, alternate Monday
mornings at 10.20 am and alternate
Fridays at 2pm.

**Ask at reception for dates and
details**

Tuesday

9- 12noon Playgroup

10 - 11.30am Slim with Gym

10—12noon Toddler Group

10-12 noon Weaning Course (starts Oct.)
Limited places please book

10 - 12noon Gym Inductions

1-2pm Breathe Easy

4-5.55pm Junior Group

5-7pm Gym Inductions

6.30-8pm Slimming World

Wednesday

9-12noon Playgroup

9.45-10.45am Pilates

10 - 2.30pm Mosaic Drop In

11-2.30pm GP Exercise on referral

1.30 - 2.30pm Baby Social

4-5.55pm Inters Group

4.15 - 5.15pm Family Gym

6.30-9pm Craft Class

7-8pm Gym Inductions

7.30-8.30pm Boxercise

**Ring 264 1959 for more information
about any of these services**

Thursday

9 -12noon Playgroup

10-11am Next Step Circuit Class

11.30-2pm Age Concern Lunch Club

12.30- 4pm MS Group

1-3pm Childminder's Drop in

1.30-2.30pm Staying Steady Class

4.15-5.15pm Family Gym session

6-8pm Gym Inductions

6.30-8.30pm Girl's Group

Friday

9am-12 noon Playgroup

9am -12 noon Newcastle Futures

10am -11am Credit Union

10am-12noon Welfare & Advice Drop-in

10-12noon Toddler Group

11am -11.45am Stretch & Relax Class

11am-3pm GP Exercise on referral

12.45pm-3pm Knitter Natter Sessions

1.30-3.30pm Afternoon Tea & Chat

Saturday

Supervised Gym 11am-3pm
(subject to staff availability)

