

## Timetable - November 2017

MONDAY	Times	How often	Cost
<b>Bring Here For Local Communities</b> Weight Busters	10:00 - 11:00	Weekly	See Trainer
Lillington Employment Club (@ CHAIN Hub)	10:00 - 13:00	Weekly	FREE
Lunch Club for over 55s 	12:30 - 13:30	Weekly	£4.75
JayKays Dance Company	16:30 - 20:00	Weekly	See Trainer
<b>TUESDAY</b>			
Employment Club	09:30 - 14:30	Weekly	FREE
Singing For The Brain (for people with Dementia and their Carers/Families) 	10:15 - 11:45	7th and 21st	FREE
JayKays Dance Company	17:00 - 20:00	Weekly	See Trainer
<b>WEDNESDAY</b>			
Tai Chi	09:30 - 10:30	Weekly	£5.00
Citizens Advice (appointment only) 	10:00 - 13:00	Weekly	FREE
Victim Support Drop-In	10:00 - 14:00	Weekly	FREE
Triple Link (for people with Dementia and their Carers/Families) 	11:00 - 13:00	1st and 15th	FREE
JayKays Dance Company	17:00 - 20:30	Weekly	See Trainer
<b>THURSDAY</b>			
Employment Club	09:30 - 14:30	Weekly	FREE
Breathing Space (Money, Housing and Debt Advice)	10:00 - 14:00	Weekly	FREE
Aero-tone	10:00 - 11:00	Weekly	£3.00
Seated Exercise 	11:00 - 12:00	Weekly	£3.00
Police Advice Surgery 	14:00 - 15:00	1st Thursday/Month	FREE
Sequence Dance 	14:00 - 16:00	Weekly	£3.00
JayKays Dance Company	16:30 - 21:00	Weekly	See Trainer
<b>FRIDAY</b>			
Jaykays Mummy and Me	9:45 - 10:30	Weekly	See Trainer
Computer Club (support to improve your computer skills; access to our IT facilities)	09:30 - 16:00	Weekly	FREE
Jaykays Dance Company	13:15 - 14:45	Weekly	See Trainer
JayKays Dance Company	17:00 - 18:00	Weekly	See Trainer
<b>SATURDAY</b>			
JayKays Dance Company	09:00 - 14:00	Weekly	See Trainer
<b>MONDAY TO FRIDAY</b>			
Coffee Shop 	08:30 - 16:30	Monday - Friday	Choice of Menu
Internet Café	09:00 - 16:55	Monday - Friday	FREE



**Got a question? Drop us an email at: [frontdesk@bhlc.services](mailto:frontdesk@bhlc.services) or call us on 01926 422123**

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