



WHAT'S ON

AT

Woodhouse Community Hub & Library

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Craft Group 10am-12pm	Senior Surfers 10am-12pm	Family/Local History group 10.30 - 12.30 pm	Coffee Mornings (3 rd Thursday monthly) 10 am - 12.30pm Toddler Time from ages 1 - 4 years 10 - 12 noon	**Feeling Fabulous 8.30-10.30am Chairobics 10.45-11.45am	**Computer Xplorers 9-10am & 10-11am
Community Cafe 12.30-2.30pm Chairobics 3-4pm Choir 7-8pm	Breast Feeding Support (Family Hubs) 12.30 - 2.30 pm Camera Club 7pm - 9pm	Conversation Group 1 - 2.30 pm Craft Group 2-4pm **Feel Fabulous 4.30-6.15pm Menopause Cafe (monthly) 6.30-8pm **Women's Circle (monthly) 6.30- 8.30 pm	Baby Time 1 - 2 pm **Bell Plates 1.45-2.45pm **Computer Xplorers 4.15 - 7.45 pm (3 sessions)	Mindfulness Art 12.30-2pm **Recorder Group 6-7pm	

*bi-weekly enquire at reception for more info.

**private group enquire at reception for more info.



WHAT'S ON IN THE Community

Woodhouse Community Garden Victoria Allotments, Sheffield road S13 Contact Jessica for specific dates or more information. communitygarden@mywoodhou se.co.uk 07719709326	Monday	Wednesday	Friday
	10am-1.30pm	10am-1.30pm Wellbeing Wednesday 11.00am-1.00pm (Contact Jessica for specific dates on the above groups)	10am-1.30pm Grief Gardening 10.30am-12.00pm Plant and Play 10.30am-12.00pm bi-weekly (Contact Jessica for specific dates on the above groups)

Dementia Support These activities are a chance for people experiencing memory loss and their loved ones to socialise and connect with others. Contact Lesley for specific dates or more information. lesley@mywoodhouse.co.uk 07586823707	Monday	Wednesday	Thursday
	Dementia Friendly Chair Yoga Beighton Miners Welfare 52A High Street, Beighton, S20 1ED Weekly 1-2pm Dementia Otago Falls prevention class Joseph Stone Centre, 8 Joseph Stone Court, S20 5FG Weekly 2.30pm - 3.30pm Dementia Carers Support Group Joseph Stone Centre, 8 Joseph Stone Court, S20 5FG Monthly 2pm - 4pm	Dementia Friendly Social Cafe Centre Spot, 56 Jaunty Lane, Basegreen, S12 3DN Bi-weekly 1pm - 3pm Dementia Carers Support Group Frecheville Community Sports & Social Club, 11 Silkstone Drive, S12 4RF Monthly 12-2pm	Dementia Friendly Social Cafe Beighton Miners, 52a High Street, S20 1AD Monthly 12pm - 2pm Dementia Friendly Friendship Lunch Beighton Miners, 52a High Street, S20 1AD Monthly 12pm - 2pm (£5 pp must be pre booked)



WHAT'S ON IN THE Community

Health and Wellbeing

These activities happen in and around Woodhouse.

Please contact Nicola for more information.

nicola@mywoodhouse.co.uk
07586974483

**Please contact Don for more information.

don@mywoodhouse.co.uk
07828848910

Monday

Chairobics
Westfield Community
Centre.
S20 8ND
12-1pm

Tuesday

Women's Group
Trinity Methodist Church
Chapel Street, Woodhouse
S13 7JL
10.00am-12.00pm
£1 donation

Beignners Yoga
St James Church Hall,
Tithe Barn Lane,
Woodhouse S13 7LL
12-1.30pm

Wednesday

Chairobics
St Catherine's Church,
383 Richmond Road,
S13 8LT
11.30am-12.30pm

Hackenthorpe Hub
The Sportsman,
Main Steet, S12 4LA
2.00-5.00pm

Roger's Lunch Box
The Space,
59 Stradbroke Drive
S13 8SB
12.45-2pm

Dance Fit
St James Church Hall,
Woodhouse S13 7LL
1-2pm

Chairobics
St James Church Hall,
Woodhouse S13 7LL
2.15-3.15pm

Thursday

Quiz Group
10-11.30am
Salvation Army,
Tannery Street
Woodhouse, S13 7JW
12pm - 2pm

Chairobics
Spa View Community
Church, Hackenthorpe, S12
4HD
11.30am -1.30pm

Friendship Lunch
Beighton Miners,
52a High Street, S20 1AD
1st Thursday of the Month
12-2pm

Friday

**Bereavement Support
Group**
Art Space Crystal Peaks,
1-3 Peak Square,
Waterthorpe, S20 7PH
10-11.30am
Monthly

Chair Yoga
St James Church Hall,
Tithe Barn Lane,
Woodhouse,
S13 7LL
10.00-11.30am

****Swimming**
Closed Group
Springs Leisure Centre,
East Bank Rd S2 2AL.