

# PRIORSWOOD COMMUNITY CENTRE WEEKLY PROGRAMME

## Supporting Residents of North Taunton

<b>MONDAY</b>				
<i>1<sup>ST</sup> IN MONTH</i>	9.30-11.30AM	ADULT SOCIAL CARE	DROP IN FOR ADVICE ON ADULT SOCIAL CARE	-
	2 – 4PM	LADIES SOCIAL GROUP	SCRABBLE, GAMES	£1.50
<b>TUESDAY</b>	9.30-12.30PM	TDBC HOUSING SURGERY	DROP IN FOR HOUSING ISSUES	-
	10 – 11.30AM	TDBC BENEFITS SURGERY	DROP IN FOR BENEFITS ADVICE	-
	9.30-12.30PM	INSPIRED TO ACHIEVE	HELP WITH JOB SEARCHES, CV WRITING, INTERVIEW PREPARATION	-
	1.30 - 2.30PM	SEATED EXERCISE	BOCCIA, CURLING, INDOOR ARCHERY AND MORE	£1.00
<i>1<sup>ST</sup> IN MONTH</i>	3.00 – 4.00PM	BEREAVEMENT SUPPORT GROUP	DROP IN SUPPORT FOR PEOPLE SUFFERING BEREAVEMENT	-
<b>WEDNESDAY</b>	9.30-12PM	NHS HEALTH TRAINER	DROP IN FOR LIFESTYLE ADVICE	-
	10-11AM	POLICE	DROP IN - ADVICE	-
	2.00-4.00PM	COMPUTER SUPPORT	BASIC COMPUTER HELP	£1.50
	5.45-6.45PM	CIRCUITS CLASS	WELLSPRINGS SCHOOL	£3.00
<b>THURSDAY</b>	9.30-12PM	CITIZENS ADVICE	DROP IN ADVICE SESSION	-
	10.15-11.15AM	TAI CHI AND QIGONG GENTLE EXERCISE	LEONARD HOULDEN COURT	£3.00
	12 - 1PM	LUNCH CLUB FOR THE OVER 60'S	ST PETERS CHURCH HALL BOOKING ESSENTIAL	£3.50
<i>1<sup>ST</sup> IN MONTH</i>	1.30-3.30PM	COOKING FOR MEN BOOKING REQUIRED	LEARN BASIC COOKING SKILLS.	£3.00
<i>2<sup>ND</sup> IN MONTH</i>	2 - 4PM	TEA & TALK	VARIOUS TALKS & DEMONSTRATIONS	£2.00
<i>3<sup>RD</sup> IN MONTH</i>	2 – 4PM	ENQUIRING MINDS DISCUSSION GROUP	DISCUSSION AND DEBATE	£1.50
<i>LAST IN MONTH</i>	1.30-3.30PM	LADIES COOKING GROUP	COOKING FOR FUN BOOKING REQUIRED	£3.00
	6.30-8.30PM	KNIT & NATTER GROUP	KNITTING, CROCHET, NEEDLEWORK	£2.00
<b>FRIDAY</b>	10 -12PM	MIND WELLBEING SUPPORT GROUP	MENTAL HEALTH SUPPORT	-
	11.30AM-12PM	WALK AND TALK	GENTLE SOCIAL WALK	-
	2-4PM	MEN'S SOCIAL GROUP	CARDS, CHESS & GAMES	£1.50
	4-5PM	WALKING NETBALL	TAUNTON YMCA	£3.00
<b>SATURDAY</b>				
<i>1<sup>ST</sup> IN MONTH</i>	2-5PM	CRAFT GROUP	CRAFTING	£2.50

**SOMERSET COMMUNITY CREDIT UNION COLLECTION EVERY MORNING 9.30am to 12.30pm.**

Tea & coffee served every morning - 60p a cup. We also sale various books at only 20p each, everything from fiction, novels, DIY, children's and hobbies.

Contact 01823 353643 or email; [lesley.priorswoodcc@yahoo.co.uk](mailto:lesley.priorswoodcc@yahoo.co.uk)

All of the above are open access unless stated.