

## TOWERHILL COMMUNITY CENTRE – WHATS ON – WINTER

Day	Time	Activity
Monday	10am – 3pm	<b>Parents Support Group – CELLS</b> Supported by <a href="mailto:choices@cellsproject.com">choices@cellsproject.com</a>
Monday	3.30 - 6pm	<b>Fit for Free –</b> Supported by Care Merseyside. Contact <a href="mailto:cathy@caremerseyside.org.uk">cathy@caremerseyside.org.uk</a>
Monday	6 – 9pm	<b>Flourish &amp; Succeed Men's Group</b> Supported by <a href="http://flourishandsucceed.co.uk">flourishandsucceed.co.uk</a>
Tuesday	10am – 3pm	<b>Care Merseyside Food Club</b> , Supported by Care Merseyside. Contact <a href="mailto:cathy@caremerseyside.org.uk">cathy@caremerseyside.org.uk</a> <b>Kirkby Credit Union</b> Supported by <a href="mailto:Paul.Cope@knowsleymutualcu.co.uk">Paul.Cope@knowsleymutualcu.co.uk</a>
Tuesday	12 – 1pm	<b>Shevington Ward Members Surgery</b> Supported by <a href="mailto:Tony.Brennan@knowsley.gov.uk">Tony.Brennan@knowsley.gov.uk</a> <a href="mailto:Tommy.Rowe@knowsley.gov.uk">Tommy.Rowe@knowsley.gov.uk</a> <a href="mailto:Aimee.Wright@knowsley.gov.uk">Aimee.Wright@knowsley.gov.uk</a>
Tuesday	3.30pm – 4.30pm	<b>Social Café –</b> Supported by Care Merseyside. Contact <a href="mailto:cathy@caremerseyside.org.uk">cathy@caremerseyside.org.uk</a>
Wednesday	9.30am – 2.30pm	<b>Teaching Assistant Training Course</b>
Wednesday	5pm to 7pm	<b>KABS – Youth Group –</b> Supported by <a href="http://kabs-fitness.co.uk">kabs-fitness.co.uk</a>
Wednesday	10am to 3pm	<b>Eco Therapy Gardens</b> Supported by <a href="mailto:info@theecotherapygarden.com">info@theecotherapygarden.com</a>
Thursday	10am – 1pm	<b>U3A Art Group</b> Supported by <a href="mailto:annelevey512@gmail.com">annelevey512@gmail.com</a>
Thursday	1pm – 5pm	<b>Acting Angels Adult Drama Class –</b> Supported by <a href="mailto:damaschool@actingangels.co.uk">damaschool@actingangels.co.uk</a>
Thursday	5pm – 8pm	<b>Indigo Morris Dancing</b> Supported by <a href="mailto:sharonfoster123@hotmail.co.uk">sharonfoster123@hotmail.co.uk</a>
Friday	11.30am – 12.30pm	<b>Beginners Pilates</b> Supported by Care Merseyside. Contact <a href="mailto:cathy@caremerseyside.org.uk">cathy@caremerseyside.org.uk</a>
Friday	1pm – 3pm	<b>Happy Hours</b> Supported by Care Merseyside. Contact <a href="mailto:cathy@caremerseyside.org.uk">cathy@caremerseyside.org.uk</a>
Friday	3pm – 4pm	<b>Yoga</b> Supported by Care Merseyside. Contact <a href="mailto:cathy@caremerseyside.org.uk">cathy@caremerseyside.org.uk</a>
Friday	4pm – 5pm	<b>Meditation &amp; Relaxation</b> Supported by Care Merseyside. Contact <a href="mailto:cathy@caremerseyside.org.uk">cathy@caremerseyside.org.uk</a>