

# ROCKSPRING COMMUNITY CENTRE TIMETABLE

Day	Activity	Time	Cost	Other Notes
<b>MONDAY</b>	Baptist Church Lunch Club 2 <sup>nd</sup> Monday of the month	12 noon – 2pm	£2.50	Diane: 01584 831109
<b>TUESDAY</b>	Basic Flower Arranging	10am – 12pm	FREE but bring your own flowers	Every three weeks
<b>WEDNESDAY</b>	Tai-Chi	10am – 12 noon	£9 a session or conces £7	Susan: 01584 874296
	Singing for Lung Health	2.30pm – 3.30pm	£4 a session	Kate: 01584 890284
	Rockspring Community Choir	7.15pm – 8.45pm	£3 sub	01584 874922
	Zumba	6pm – 7pm	£4.50	Lu: 07709301030
<b>THURSDAY</b>	<b>LUNCH</b> – it's either soup, baked potato, cottage pie, sausage & mash or pasta bake etc followed by a dessert – all welcome! Lunch is <b>FREE</b> for community garden volunteers.	12.15pm	£2	No need to book just turn up! Although if you are vegetarian please let us know in advance.
<b>FRIDAY</b>	Get together Fridays - Cooking or craft	10am – 12.30pm	FREE	Craft every week but once a month it will be cooking.
	Intellistars – fun play the learning way for pre-school children	1.30 – 2.30pm		Amy Bottoms 07876400905
<b>SATURDAY</b>	Marches Polio Group – every 3 months – bring and share lunch	12pm - 2pm		Ask at Rockspring for next meeting date

**Ludlow Churches** provide Emergency Food Parcels (*by referral only through Housing Officer or Citizens Advice Bureau at Ludlow Youth Centre, Lower Galdeford, Ludlow Tel: 08444 99 11 00*) Food parcels are made up on Monday, Wednesday, Thursday & Friday between 11am – 1pm and can be collected from Rockspring Monday – Friday 9am – 4.45pm.

**Rockspring Community Garden** – run by volunteers for the community. Contact: Justin Griffiths - 01584 874922

**Computers are available Monday, Tuesday, Thursday & Friday 9am – 4.30pm. PLEASE NOTE – NOT AVAILABLE ON WEDNESDAY MORNINGS**

OCTOBER 2018