



# Winter Programme 2011



Monday	Time	Thursday	Time
Outdoor Exercise Class (Lismore Circus)	09:00 – 10:00	Outdoor Exercise Class (Lismore Circus)	10:00 – 11:00
Tai Chi for Women	10:00 – 11:00	Under 5's Drop in & Crèche	10:00 – 13:00
Women Only Chair Based Exercise Class	10:15 – 11:15	Adults Gym	10:00 – 14:00 16:00 – 17:00
CLAIT (IT Beginner's Class)	10:30 – 12:30	IT Drop In	10:00 – 17:00
IT Drop In	10:00 – 17:00	Reflexology for Seniors	09:30 – 12:00
Seniors Keep Fit	11:30 – 12:30	Tai Chi for Men & Women	10:30 – 11:30
Women Only Gym	10:00 – 12:00	Women Only Gym	14:00 – 16:00
Adults Gym	12:00 – 17:00	Older Peoples Advise with Age Concern (1 <sup>st</sup> Thursday of each Month)	11:45 – 13:15
Seniors Luncheon Club	12:00 – 13:30	Seniors Luncheon Club	12:00 – 14:00
Seniors Movie Club	14:00 – 16:00	Somali Super Maths Class <b>(New time and day starts 13 Jan 2011)</b>	16:30 – 18:30
Youth Club	18:30 – 21:00	Youth Club	18:30 – 21:00
Tuesday	Time	Friday	Time
Outdoor Exercise Class (Lismore Circus)	09:00 – 10:00	Outdoor Exercise Class (Lismore Circus)	09:00 – 10:00
Under 5's Drop in & Crèche	10:00 – 13:00	Adults Gym	12:00 – 17:00
ESOL (English For Beginners)	10:00 – 12:00	IT Drop In	10:00 – 17:00
Adults Gym	10:00 – 14:00 16:00 – 17:00	Women Only Gym	10:00 – 12:00
Women Only Gym	14:00 – 16:00	Under 5's Drop in Crèche	10:00 – 13:00
ESOL English (Intermediate)	10:00 – 12:00	Women Only Chair Based Exercise Class	10:15 – 11:15
Seniors Luncheon Club	12:00 – 13:30	Seniors Luncheon Club	12:00 – 13:00
IT Drop In	10:00 – 17:00	Bait Al Aman Mosque - Jumma Prayer	13:15 – 15:00
		Multimedia Suite Crossroads (Homework Club) <b>Until 16<sup>th</sup> of March</b>	16:30-19:30
Crossroads (Starts 4 Jan 2011)	16:30 – 18:00	Youth Club (GOAL)	18:30 – 21:00
Wednesday	Time	Saturday	Time
Outdoor Exercise Class (Lismore Circus)	09:00 – 10:00	Under 5's Drop in Crèche	10:00 – 13:00
Under 5's Drop In & Crèche	10:00 – 13:00	Councillors Surgery (1 <sup>st</sup> & 3 <sup>rd</sup> Week of each month)	10:00 – 11:00
ESOL (English For Beginners)	10:00 – 12:00	French Class - African Physical Training Organisation (Multimedia Suite)	12:00 – 14:00
IT Drop In	10:00 – 17:00	Arabic Language Class (KTCO) <b>(Hall &amp; IT Room)</b>	12:00 - 15:00
Women Only Gym	10:00 – 12:00		
Adults Gym	12:00 – 17:00	Sunday	Time
Seniors Luncheon Club	12:00 – 14:00	Arabic Language Class (KTCO) <b>(Hall &amp; Multimedia Suite)</b>	10:00 - 13:00
Seniors Bingo	14:00 – 16:00	<b>Halls &amp; Rooms are available for Hire from £20/hr</b>	
KTCO Hall Hire	18:30 – 20:30		
Youth Club (Under 13) Weedington Road Play Centre	18:30 – 21:00	Email: <a href="mailto:ahmed@qcca.org.uk">ahmed@qcca.org.uk</a>	Updated: <b>10/12/10</b>