

# Linstone - Community Hubs Weekly Timetable

## Linwood

### **St Conval's, Greenfarm Rd, Linwood, PA3 3HB**

#### **Monday 11th March:**

Get out and celebrate! (Over 60s event with taster sessions of Line Dancing and Qigong): 10am - 3pm

#### **Mondays(18th March onwards)**

Line Dancing(over 60s): 10am - 12pm

Qigong(gentle exercise for over 60s): 1pm - 3pm

### **Linstone Housing Association, 17 Bridge Street, Linwood, PA3 3DB**

#### **Wednesday:**

Welfare Rights: 2pm - 4pm

### **Langholm Community Hub: 0A Belmar Court (high-rise flats)**

The space can be hired: contact Betty Scott on 01505344315 or [elizabethmtscott@gmail.com](mailto:elizabethmtscott@gmail.com)

#### **Monday:**

Credit Union(1st Monday of the month)- 9.30am - 10.30am

Craft Making - 2pm - 4pm

#### **Tuesday:**

Toddle Tots: 9.30am - 10.30am

Tai Chi: 11am - 12pm

Active Communities Walking Buddies: 1pm - 2.45pm

Advice Works: 1pm - 4pm

#### **Wednesday:**

Energy Advice(20th March): 11am - 12pm

Bingo: 1.45am - 3pm

#### **Thursday:**

Dolled Up(Beauty Salon – Selected days. Book appointments before

Wednesday: 07532149308(Vicky) ): 9.30am - 3pm

Music Café(Ages 60+): 1pm - 3pm

#### **Friday:**

Car Club: 9am - 10am

Fish, Chips and a Quiz: 12pm - 4pm

# Johnstone

## Maple Drive Community Hub: G/R 31 Maple Drive, PA5 9SX

### **Monday:**

Craft Club: 10.00am - 12.30am

### **Tuesday:**

Knitting Club: 12.30pm - 2.30pm

### **Wednesday:**

Gaming Club: 6.30pm - 8pm

### **Thursday:**

Welfare Rights & Income Team: 10.30am - 11.30am

Drop-In: 10.30am - 11.30am

## Sandyflats Community Hub: 28 Longmeadow Street, PA5 8PU

### **Monday:**

Free First Aid for Families(11th March): 10am - 1pm

To book a space on the First Aid contact Pam ([pdawson@linstone.co.uk](mailto:pdawson@linstone.co.uk) / 07376265278) or

Jayne Drennan ([jdrennan@linstone.co.uk](mailto:jdrennan@linstone.co.uk) / 07950544709)

### **Wednesday:**

Energy Advice(27th March): 11am - 12pm

**These 2 spaces can be hired for community events: contact Jayne Drennan at 07950544709 or [jdrennan@linstone.co.uk](mailto:jdrennan@linstone.co.uk)**