

The Old Colliery Offices

Colliery Rd, Kiveton Park S26 6LR Tel: (01909) 773348





2:15 - 3pm Advanced Chair Based exercise Class

Designed to improve circulation, strength, flexibility, coordination and improved balance.

3.30 - 4.15pm Low Impact Circuit Training Class Class

Designed to improve heart health, strength, muscle tone, body shape, confidence, mental and physical wellbeing

Community Fridge Feeding Bellies not Bins Open 9.00-3.00

UNIFORM EXCHANGE by appointement please call 07791 786 438

LUNCH GROUP

Every Tuesday 12.00-2.00pm. Call 01909 773348 to book a place. Come along, meet new friends and have some fun.



CARE Rotherham

Information, Support and Advice for un paid carers living in Rotherham. 1st Tuesday in the Month 2.00-4.00pm

Community Fridge Feeding Bellies not Bins Open 9.00-3.00

UNIFORM EXCHANGE by appointement please call 07791 786 438

MEDNESDAY

10.00 -10.45 am Gentle Chair Based exercise class

> Designed to improve flexibility, strength, coordination and general mental and physical wellbeing

6.15 - 7pm Ladies Fitness

Connect with your body to feel stronger and more energised. For any ladies feeling sluggish, achy or demotivated, this class is for you



Community Fridge Feeding Bellies not Bins Open 9.00-3.00

UNIFORM EXCHANGE by appointement please call 07791 786 438

THURSDAY

Walking Groups

Short or the longer walk. Anyone can join meet from 10.00 walks starts at 10.30 from the Old Colliery offices

11.30-12.15am Low Impact Circuit Training Class Class

Designed to improve heart health, strength, muscle tone, body shape, confidence, mental and physical wellbeing

12.00-1.00pm Craft Group

Pop along to our weekly craft group.Bring your own craft, meet like minded crafters, and make new friends.

SEND CONNECT CRAFT & CHAT Fortnightly on Thursdays 9.30-11.30

Do you have a young person with additional needs / disablity our NEW group is a lovely place to meet people with simialr experiences, gain support and find out what services are available FREE refreshments and Cake Mothers with babies / toddlers

FREE crafts available to enjoy

NEW! Light Lunch

12.15-2pm Soup, sandwiches cake and a drink.Just £3.50 No booking neccesary

Community Fridge Feeding Bellies not Bins Open 9.00-3.00

UNIFORM EXCHANGE

by appointement please call 07791 786 438

> Gardening Group from 9.30



Board Games night

Bring along your favourite board game and engage with like minded players



Date & Time of our next Board Game night to be confirmed See local Facebook pages

Community Fridge Feeding Bellies not Bins Open 9.00-12.00

UNIFORM EXCHANGE by appointement please call 07791 786 438

SATURDAY



3G Football Pitches

Saturdays April - Sept 10.00am - 6pm

Saturdays Oct - March 11.00am - 6pm

Please note: opening times may vary due to pre-booked matches See facebook for updates

3G Football Pitches Sundays 10.00am - 5pm

Please note: opening times may vary due to pre-booked matches See facebook for updates



April - October Date & Time of our next Car boot sale to be confirmed See local Facebook pages

Community Fridge Feeding Bellies not Bins Please see Facebook book for opening times

UNIFORM EXCHANGE by appointement please call 07791 786 438

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