



Free Weekly activities at our **Selbourne House & Woodfield Road** Community Centres

MONDAYS

ITAV Stay & Play drop in for children aged 6 months-4 years

- **FREE** to families Term time only. Mondays at 10am-11.30am. Childminder & Nannies £3 for up to 3 children. Booking advised @ seisaysy@gmail.com

CGL – The Bi-Borough Service Westminster

- **FREE** service. Mondays 10am- 4pm. Change Grow Live in the Bi-Borough area is an alcohol service that provides support to individuals seeking help to manage their alcohol use, and those wanting to reduce or stop.

The Pepper Pot Centre for Elderly African & Caribbean Health & Wellbeing Project

- **FREE** to join Social & Creative activities and Fitness classes. Mondays 1pm - 4pm

Introduction to Money Circuit

- **FREE** 3.00pm – 8.00pm Meeting Room 4 (Mezzanine Meeting Room)

Free Boxing and Exercise class

- 5.00pm – 6.00pm 6 – 12 year olds, 6.00pm – 7.00pm, 13 – 25 year olds, 7.00pm – 8.00pm 13 years + (Women's only HIIT training), Meeting Room 1

TUESDAYS

Over 50's Beginners Keep Fit Classes –

- **FREE** 10.30am – 11.30am

Over 50s Easing back into exercise session

- **FREE** – 11.30am - 12.30pm Tuesdays 10.30am – 12.30pm

Open Age Men's exercise session at **Woodfield Road Community Centre**

- **FREE** 11.00am – 2.00pm, Meeting Room at 5 Woodfield Road W9 2BA

London Tigers **FREE** Women's Fitness & Social Session

- **FREE** 1-3pm

Performing Workshops. Drama dance and singing classes for children aged 4-7 and 7-12 and welcoming new children to its classes.

- Tuesdays 4pm – 6pm 4 – 5pm for 4 – 7-year-olds, 5 – 6pm for 7 – 12-year-olds
- To book **FREE TRIAL SESSION** call 0207 2559120, email enquiries@perform.org.uk or Visit www.perform.org.uk/try to book a free class and quote WECH300524 before 30th May to receive a £50 discount.



WEDNESDAYS

WECH Gardening Group with HGCA (Call 0207 266 3347 to confirm session)

FREE 2.00pm – 4.00pm, Meeting Room 3

WECH Over 60's Bingo

FREE 6.30pm – 8.30pm, All over 60's welcome

THURSDAYS

Children's stay and play session (Call 0207 266 3347 to confirm session)

FREE 9.30am – 12.00pm, Meeting Room 1

Open Age men's Tai Chi Sessions at **Woodfield Road Community Centre**

FREE 12.00pm – 1.30pm Meeting Room at 5 Woodfield Road W9 2BA

WECH Adults Yoga, Thursday 5.30pm – 6.45pm

FREE All ages and abilities welcome – *subject to room capacity.*



FRIDAYS

Over 50's Beginners Keep Fit Classes

FREE 3pm – 4pm

SATURDAYS

WECH Adults Yoga

FREE 9.30am – 11am All ages and abilities welcome – *subject to room capacity.*

SUNDAYS

Mount Zion Church Meetings 10.30am – 1.30pm

New Open Door Ministry Meetings 11am – 1.30pm