

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Café Closed	Café open 10.30am - 2pm	Café Open Grow 19 10am – 3.30pm	Café Open 9am - 4pm	Café Open 10am - 1pm		
Box Fitness Main Hall 9:30am – 10.30am (Term time)	Community Supermarket Café 10.30am – 3pm	Craft and Chat Group Main Hall 10am – 12pm (Fortnightly)	Councillors Surgery Café 11am - 12pm (2 nd Thursday of the month)	Tea & Tots Stay & Play Main Hall 10.30am - 12pm (Term time)	Cycle Me Tots (Every Saturday Morning Term time only)	
Tots in Sport Main Hall 10.50am – 11.55am (Term time)	Chair Based Exercise Main Hall TBC		Silver Lunch Club Café 12:30pm – 2:30pm (1 st & 3 rd Thursday of the month)	Involve Coffee, Cake & Chat Café 10am – 12pm		
				TMBC Health Walk Meets in the Café 11am		
After School Craft Club Café 3.30pm – 5pm (Term time)			Memory Café Café 2pm – 4pm (2 nd Thursday of the month)	After School Games Club Café 3.30pm – 5pm (Term time)		
Lucy Robins School of Dance Street Dance 3.45pm - 5.30pm			Involve Lunch Club Café 12.30pm – 2.30pm (4 th Thursday of the month)			
Lucy Robins School of Dance 5.30pm - 7.15pm	Brownies 6pm – 7:30pm	Shotokan Karate Main Hall Juniors 6pm – 7pm Seniors 7pm – 8pm	Yoga Main Hall 7pm – 8.30pm TBC	Shotokan Karate Main Hall Juniors 6pm – 7pm Seniors 7pm – 8pm		



All enquires please email:
office.eastmallingscentre@gmail.com
 or call the office on:
 01732 846314
 or Supermarket text number
 07775 989507

Important dates:

Christmas Fair Saturday 4th December
 Centre closing for Christmas
 22nd December – 3rd January

www.eastmallingscentre.org.uk