



Woodhouse and District Community Forum Weekly Activities

What, when and where - June 2018 to Dec 2018

Activity	When	Where	Contact
LOVE SPORT	Thursdays 10am-11.30pm	Woodhouse Library Skelton lane	Nicola Garnett- 07736221829
Dementia Café 3rd Monday in the Month Starting Jan 2018	Mondays 10am-12pm	Salvation Army Tannery Street Woodhouse	Nicola Garnett- 07736221829
Friendship Lunch	2 nd Tue of the Month 12pm-3pm	STAG Market Square Woodhouse	Dawn – 01142696720 Nicola Garnett- 07736221829
Chair Based Exercise	Mondays 12-1pm	Com.unity, Westfield	Nicola Garnett- 07736221829
Chair Based Exercise	Mondays 1-45pm-2-45pm	Brigadier Hargreaves Woodhouse	Nicola Garnett- 07736221829
Chair Based Exercise	Wednesdays 1-45pm-2-45pm	Link Stradbroke	Nicola Garnett- 07736221829
Chair Based Exercise	Thursdays 11.15am-12.15pm	Spa View Community Church Hackenthorpe	Nicola Garnett- 07736221829
Chair Based Exercise	Fridays 11.30am-12.30pm	Woodhouse Library Skelton lane	Nicola Garnett- 07736221829
Well Man Group	Every other Friday 3.00pm-4.30pm	Woodhouse Library Skelton lane	Woodhouse Library- 01142692607
Can You Dig It Community garden project	Tuesdays 2pm-4pm Thursdays 1pm-4pm Sundays 10am-2pm	Victoria Allotments Sheffield Road	Woodhouse Library- 01142692607
Coffee Morning	3 rd Saturday of the month 10am-12.30pm	Woodhouse Library Skelton lane	Woodhouse Library- 01142692607
Knit and Natter	Saturdays 10am-12pm	Woodhouse Library# Skelton lane	Woodhouse Library- 01142692607
Reading Group	3 rd Friday in the month 4.00pm-5pm	Woodhouse Library Skelton lane	Woodhouse Library- 01142692607
Dance Fit	Wednesdays 1pm-2pm	St James Church Hall Woodhouse	Nicola Garnett- 07736221829
Yoga	Wednesdays 2pm-2.45	Com.unity Westfeild	Nicola Garnett- 07736221829
Walking for Purpose	Tuesdays 12.30am Thursdays 12.30am	Com.unity Westfeild Woodhouse Library	Nicola Garnett- 07736221829

