

Friday

| Time | What | Who | Cost | Where | Contact |
|-------------------|---|-------------------|--|---------------------------------------|---|
| 9am – 3pm | Mayflower Quilters Patchwork and quilting group | Over 18 – retired | £2.50 for morning or £5 for all day | Bert Boyden Centre | Brenda Targett Email btargett@virginmedia.com Phone 01469572226 |
| 10:30am - 11:30am | Chair based Exercise | Over 55's | £1.50 | Civic Centre Large Hall | Sylvia Leary Hope Street Specialist Service Email: sylvia.leary@nhs.net 01472 313535 |
| 1-4 pm | Memory Café Dementia Support group (held monthly 3 rd Friday of the month) | All ages | Free | Old Library Building Pelham Road | |
| 1-4pm | Immingham Museum Come along and explore the history of Immingham with a wide range of displays | Any Age | donations | Immingham Civic Centre Hub | www.imminghammuseum.org |
| 2-3pm | Shake rattle and read Stories, songs music and movement for children (term- time only) | 0-5 years | £2 for first child £1 for each additional child | Immingham Library Civic Centre Hub | www.lincsinspire.com |

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| 4.30-5 pm | A & M Dance Academy Fun & friendly dance classes with qualified instructors | 3-6 years | £3 weekly | Immingham Christian Centre | contact@fremdomfreestyledance.co.uk phone or text 07968603532 |
| 5-6 pm | A & M Dance Academy Fun & friendly dance classes with qualified instructors | 7-10 years | £4 weekly | Immingham Christian Centre | contact@fremdomfreestyledance.co.uk phone or text 07968603532 |
| 5.30pm - 7pm | Immingham Wasps Junior Rugby Club | 5yrs upwards | Free | Eastfield School | Andy Wood Phone 07877 424319 |
| 5-5.30 | Swimming Lessons 13 weeks Town council swimming scheme | KS1 Children | Free | Immingham Swimming Pool | Contact Immingham town council to be added to the waiting list enquiries@immingham_tc.gov.uk 01469727272 |
| 6 – 7:30 | Cubs and Beavers | 8-10 years | £1.50 per night paid termly | Trinity Methodist Church | Jenny Hodson Email 2ndimmingham@gycscouts.org.uk |
| 7 – 9 | Scouts | 6-8 years | £1.50 per night paid termly | Immingham Christian Centre | Jenny Hodson Email 2ndimmingham@gycscouts.org.uk |

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| 6-9 pm | Games Night Fun evening for all board games, quizzes and much more refreshments provided | All ages and adults Under 11 must be accompanied by an adult | Free | Old Library Building Pelham road | chair@onevoicecommunity.com 07513612964 |
| 7-9pm | COMMA, KATHO-RYU Jujitsu, | Adults | £4.50 per person Additional insurance fees apply please ask for information | Old Scout Hut Highfield Avenue Immingham | Lindsay Evans 01472 826281 mobile 08951526080 Email jitevo@ntlworld.com |