

Tuesday

Time	What	Who	How Much	Where	Contact
9.15am	In Bloom Community Gardening Come along and lend a hand with Immingham in Bloom all ages and abilities welcome	All ages	Free	Meeting place rear of Immingham Civic Centre Hub	Tel Liz Foulds 07718904899 For further information
9.15 am - 10.15 am	Fitness sessions Pound and pom fitness with ALY Rocks Suitable for all ages work out to your own ability and fitness level	Age 16 and over	Free	Civic Centre main hall Pelham road	chair@onevoicecommunity.com 07513612964
10 – 12pm	Habrough Art Group No teacher, we just meet each week and paint in whatever medium we prefer and encourage each other	Any age	£3.00	Habrough Village Hall	Rona Renyard Email rona.renyard1@homecall.co.uk phone number 01469577557
10- 11.30am	Thrive Social group	Any age	£2	Trinity Methodist church	Contact Ann- marie Tuplin 01472236673 /07709712321
9.30- 10.30am	Shake rattle and read Stories, songs music and movement for children (term- time only)	0-5 years	£2.50	Immingham Library Civic Centre Hub	www.lincsinspire.com
10.30 - 11.30 am	Exercise to Music	Over 55's	£2	Immingham Civic Centre Main Hall	Sylvia Leary Hope Street Specialist Service Email: sylvia.leary@nhs.net 07747775537
2 – 4pm	Weekly Sequence Dance	Over 55's	£2 per person which includes tea/coffee and biscuits	Immingham Civic Centre. Pelham Road Immingham.	Pauline Lawson Email pollylaw@live.com Phone 01472310494

1-3 pm	Crafty Collective	Adults and children (age 8 and over) Children must be accompanied)	£3 per adult £2 per child	Old Library building Pelham Road Immingham	www.facebook.com/groups/1094896447307733
6-8pm	One Voice Community Forum Meeting (first Tuesday of every month)	Everyone welcome	Free	Old Library Building Pelham Road	Email chair@onevoicecommunity.com
6.30 -10pm	Studio 1 (second Tuesday of every Month) Film screenings at your community cinema refreshments available	18 years +	£4 per person	Civic Centre	brian.duke@ntlworld.com
7pm -8pm	Pilgrims swimming suitable for children over the age of 7 with the ability to swim 25 metres on their front and back jump in deep water and float on water	AGE 7 and over	Joining fee of £13.50 which included a t-shirt and swim hat £3.50 weekly charge	Immingham Swimming pool	Please contact Mary Clark 07749006411 for further information maryclark21@icloud.com
6.30 - 7.30	Fitness sessions with fat loss and toning exercises suitable for all fitness levels. Just turn up, please bring plenty of water to keep Hydrated	16 Years and over	£4	Eden	Lee Costello 07540230994 lee_costeelo86@icloud.com Private personal training sessions are also available please contact Lee for further information
6:30 – 9:15pm	866(Immingham)Squadron Royal Air Force Air Cadets A uniformed group with an age range from 12-20years old	12yrs to 20 yrs.	£2.50 per week	The Lorry Park, Pelham Road	Squadron Officer Commanding Email oc.866@aco.org Phone 01469573565
7.30- 9.30pm	COMMA, Street Combat Aikido	Adults of any age	£4.50	Old scouts hut Highfield Avenue Imm	Sensei Craig Peacock 07402215819 email Aikimarra@hotmail.com

7-8:30 pm	Community Prayer Meeting (Last Tuesday of every Month)	Over 18 years	Free	Old Library Building Pelham Road Immingham	Elaine Norton 07513612964
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