

# Monday

Time	What	Who	How Much	Where	Contact
9.30-3.30pm	Phoenix Quilters	Adults		Trinity Methodist Church	<a href="http://www.imminghamtrinity.co.uk">www.imminghamtrinity.co.uk</a>
9-10 am	Tai Chi Class Beginners	Over 50's	£2	Immingham Civic Centre Main Hall	Sylvia Leary Hope Street Specialist Service Email: <a href="mailto:sylvia.leary@nhs.net">sylvia.leary@nhs.net</a> 07747775537
10 – 12pm	Culture Club  Drop in cafe, that provides information, advice and a signposting service to Immingham residents over 60	Over 60's	£2.50 which includes cake and drinks	Old Library Civic Centre Hub	Friendship at Home  Phone 01472602500 <a href="mailto:admin@friendshipathome.org.uk">admin@friendshipathome.org.uk</a>
10:30 - 11:30am	Tai Chi Class Advanced	Over 50's	£2	Immingham Civic Centre Main Hall	Sylvia Leary Hope Street Specialist Service Email: <a href="mailto:sylvia.leary@nhs.net">sylvia.leary@nhs.net</a> 07747775537
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	<a href="http://www.imminghammuseum.org">www.imminghammuseum.org</a>
1-2.30	Heuristic and messy play sessions	Pre school	Free	Old library Building Pelham Road	<a href="mailto:chair@onevoicecommunity.com">chair@onevoicecommunity.com</a> 07513612964
1.30 – 3.00pm	Keep Fit for the more Mature	Over 50's	£2	Habrough Village Hall	Rona Renyard

	Exercise to keep joints working and improve fitness in the over 50/60/70 groups				Email <a href="mailto:rona.renyard1@homecall.co.uk">rona.renyard1@homecall.co.uk</a> Phone 01469577557
2-3 pm	Immingham Trinity Sing along group	Over 18's	donations	Trinity methodist	veronicajoyfox@yahoo.co.uk
6pm – 8pm	Immingham Youth group Arts Crafts, Games, Sports, Pool Discos	11 – 16 years	free	Old Library Building Pelham Road	Contact Climb 4 via their face book page for further details
5-6pm term time only	Immingham Rainbows	5-7 years	£2.50 weekly	Immingham Christian Centre Pelham Road	Register interest via website <a href="http://www.girlguiding.org.uk">www.girlguiding.org.uk</a>
6-7 pm	Boxing sessions	Age 8 upwards	Free	Oasis Academy Immingham	Contact Hannah Bown at Oasis Academy Immingham for Further details and to book a place
6 – 7:30pm	Cubs 6-8 years old Beavers 8-10 years old	8-10 years	£1.50 per night paid termly	Trinity Methodist Church	Email <a href="mailto:2ndimmingham@gycscouts.org.uk">2ndimmingham@gycscouts.org.uk</a>
7 – 9pm	Scouts 10-14 years old	6-8 years	£1.50 per night paid termly	Trinity Methodist Church	Email <a href="mailto:2ndimmingham@gycscouts.org.uk">2ndimmingham@gycscouts.org.uk</a>
6-7.30pm	Immingham Brownies	7-10 years	£3 weekly	Immingham Christian Centre Pelham Road	Register interest via website <a href="http://www.girlguiding.org.uk">www.girlguiding.org.uk</a>
5.30-6.30pm	, Kickboxing.	Children age 6-16 years	£3	Old Scout hut Highfield Ave	Shane Gostick 07402210167 email <a href="mailto:shanegostick@gmail.com">shanegostick@gmail.com</a>
6.30-7.30pm	Fair play league football	School years 7 & 8	free	Oasis Academy immingham	Grimsby town foundation Email: <a href="mailto:office@grimsbytownfoundation.co.uk">office@grimsbytownfoundation.co.uk</a>
7.30-8.30pm	Fair play league football	School year 9- age 19 years	free	Oasis Academy immingham	Grimsby town foundation Email: <a href="mailto:office@grimsbytownfoundation.co.uk">office@grimsbytownfoundation.co.uk</a>
7.15-8:45pm	Immingham Girl Guides	10-14 years Girls	£3 weekly	Immingham Christian Centre Pelham Road	Register interest via website <a href="http://www.girlguiding.org.uk">www.girlguiding.org.uk</a>
6:30pm – 9:15pm	866(Immingham) Squadron Royal Air Force Air Cadets A uniformed group with an	12yrs to 20 yrs	£2.50 per week	The Lorry Park, Pelham Road	Squadron Officer Commanding Email <a href="mailto:oc.866@aco.org">oc.866@aco.org</a>

	age range from 12-20years old				phone 01469573565
7pm	Andy's man club "Its ok to not be ok" this group offers mental health support for men	18 years and over	Free	Civic Centre Immingham Burton Hall	email:info@andysmanclub.co.uk
7-9pm	Girls night out This group offers physical and emotional wellbeing support for women	18 years and over	free	Blossom way sports and social club Immingham	chair@onevoicecommunity.com
7-8.30pm	Photography Group Learn skills and develop your existing skills The group meets indoors during winter months but visit community locations of interest on other times Please contact us for further details and confirmed meeting points	Over 11 and adults of any age	Free	Trinity Methodist Church or community locations	<a href="mailto:chair@onevoicecommunity.com">chair@onevoicecommunity.com</a>  07513612964
7-9pm	Immingham Army Cadet Force  Shooting, map reading, first aid, leadership skills and much more	12 years (must be in year 8 at school) – 18 years old  both boys and girls		Immingham Army Cadet Hut opposite County Hotel.	Mark Vicarage <hr/> 07808927148
7-9pm	COMMA , Combat Street Arnis, Thai boxing, striking, Kickboxing.	Children over 16 years and adults of any age	£4.50	Old Scout hut Highfield Avenue	Shane Gostick 07402210167 email <a href="mailto:shanegostick@gmail.com">shanegostick@gmail.com</a>

Please note these activities may change and we advise you contact the main contact to confirm details

