

Thursday

Time	What	Who	How Much	Where	Contact
9.30-11.30 am	CATS playgroup	Pre- school	£2	Trinity Methodist Church Pelham Road Immingham	Diane Patrick via Church Website www.imminghamtrinity.co.uk
10-12noon	Adult Craft Sessions Card making, jewellery making seasonal crafts and much more no experience needed all materials provided	Over 18's	£5 per session	Immingham Library Civic Centre Hub	To book your place please contact Caroline Moorby on 01472323435 www.lincinspire.com
13.30 pm	Walk Well 15 minute walks followed by Tea and Biscuits walks are led by a registered volunteer health walk leader only registered assistance dogs allowed	All ages but under 16 years must be accompanied by an adult	Donations	Trinity Methodist Church	Richard Beaumont 01472231123
2 – 3.00pm	Tai Chi Suitable exercise for all physical abilities beneficial to those with joint muscular problems increases mindfulness	Over 50's	£2	Habrough Village Hall	Rona Renyard Email rona.renyard1@homecall.co.uk Phone 01469577557
6-7pm	Taiko Drumming sessions Under age 11 must be accompanied	Age 8 + adults of all ages	Free	Oasis Academy Dance Studio	chair@onevoicecommunity.com 07513612964

6:15 pm – 7:15 pm	Bodywize Fitness Body Toning and Hiit Workout	12 – 100	£4 per class	Immingham Christian Centre	Nina Walker Email ninamwalker@icloud.com Phone 07740 367250
6.30 -7.30	Boot camp 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	Roval Drive Field	Lee Costello 07540230994 lee_costello86@icloud.com
6.20pm till 9.15pm	Immingham Sea Cadets Fun activities for ages ranging from 10yrs old to 18 yrs old which include rowing and powerboating as well as fun weekend's.	10 – 18 years	£1.50 each night you attend or £10 monthly.	Shared Cadet Unit Humberville Road Immingham	
6:30pm – 9:15pm	866(Immingham)Squadron Royal Air Force Air Cadets A uniformed group with an age range from 12-20years old	12yrs (must be school year 8) to 20 yrs	£2.50 per week	Shared Cadet Unit Humberville Road Immingham	Squadron Officer Commanding Email oc.866@aco.org Phone 01469573565