

Chalvey Community Centre

# Community activity programme

Oct-Dec 2017

Find out about what is happening at  
Chalvey Community Centre



- Library services
- Community Groups
- Exercise Classes
- Training rooms
- Volunteer opportunities
- Revision space



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# Come and catch up with us at Chalvey

You can sign up to the library, borrow our books and enjoy the classes and clubs that are held at here at the centre.

On Mondays **Meet and Mingle** are back with their women's activity group. **Rise and Shine** also run an all female exercise group, a great way to keep fit and meet new, likeminded people. **Yoga** is starting 23 October on Monday evenings from 5-6pm. Come along, relax and wind down after work - just £1 per session.

Tuesday morning is **Senior's group**. Are you 50+ and looking for something to do? Come and join them for a knit and natter. An arts and craft session for those with learning disabilities happens on Thursday mornings with **Destiny Support**. **Aik Saath Youth Café** happens on Wednesday evenings for ages 11-19yrs and up to the ages of 25 if they have additional needs. Alongside this, **The Beehive Foundation's** activity session for ages 3-12yrs is great fun and also supportive of children with additional needs.



**SANAS** are here every second Saturday of the month with their Caribbean Kitchen, come along and try something new!

**Community Learning** have courses including computer basics, yoga for people with medical conditions and Three MS Office Programmes. Ask in the centre for more details.

## Coming up over the next few months:

- October half term activities  
23-27 October
- Bhangra dance taster session  
27 October
- Gym based boxing taster session  
27 October
- Yoga starting Monday 23 October
- YMCA Celebrate event **all welcome**  
Saturday 28 October
- **Paw Patrol LIVE** storytime  
Friday 27 October
- Christmas break activities  
18-23 December
- **The Gruffalo LIVE** storytime  
Friday 23 December

The October half term and December break activities are listed in the programme; we have a visit from The Gruffalo and Paw Patrol coming up...

*Let us know if there is an activity or course you are interested in seeing at Chalvey.*

## Weekly activities

Event/organisation	Day	Time/date	Sessions and information
<b>Solutions for Health</b> Exercise's for 60+ for those with mobility issues	Monday	13.30-14.30	Chalvey Pavillion
<b>Meet and Mingle</b> Womens' social group	Monday	12.30-14.30	FREE Every Monday
<b>Rise and Shine</b> Basic Exercise and movement classes for ladies	Monday	13.00-14.00	£10 Membership
<b>Yoga for people with medical conditions*</b> (You must sign up before the start date) Learn yoga postures and breathing exercises for a healthy mind and body. <i>For those with medical conditions</i>	Monday	11.30-13.00 Start date: 18/09/2017 End date: 27/11/2017	10 sessions (£57)
<b>Computer basics course*</b> (You must sign up before the start date) Learn about the functions of a keyboard, file management, word processing, internet, email and introduction to the cloud. Suitable for job hunters	Monday	09.30-11.30 Start date: 18/09/2017 End date: 27/11/2017	10 sessions Free
<b>Yoga</b> Yoga sessions for all. Come and join us after work for relaxation and exercise. Please contact Emily on 01753 875413	Monday	18.00-19.00 Starting 23 October	£1 per session
<b>Chalvey Seniors Club 50+</b> Meet, greet, knit and natter, arts and crafts and other activities - all welcome	Tuesday	10.30-12.30	£1 per session (goes towards running costs)
<b>Three MS office programmes</b>	Wednesday	09.30-11.30 Start date: 04/10/2017 End date: 29/11/2017	8 sessions (£32/£16)*

Venue is Chalvey Community Centre unless otherwise stated.

## Weekly activities

Event/organisation	Day	Time/date	Sessions and information
<b>Aik Saath Youth Café</b> Activities and informal education for young people aged 11-19 and up to 25 with additional needs	Wednesday	18.00-20.00	Free
<b>Beehive Foundation</b> Activities for children aged 5-12yrs	Wednesday	18.00-20.00	Free
<b>Destiny Support</b> Social skills club for those with learning disabilities, their families and carers	Thursday	10.00-12.00	Free
<b>Art and craft for adults with disabilities and/or learning difficulties*</b> (You must sign up before the start date) Learn to create different art and craft projects	Thursday	10.00-12.30 Start date: 21/09/2017 End date 30/11/2017	10 sessions (£60)*
<b>Music time</b> Story time and singalong with the library team	Friday	10.00-10.30	
<b>SANAS</b> Caribbean cook up	Every second Saturday of the month	10.00-16.00	



## Special event coming in October

### YMCA Celebrate event

Come and be a part of your community in this fun, interactive day.  
Saturday 28 October from 12.00-16.00 at Chalvey Community Centre.

## October half term activities (23-28 October)

Activity	Date	Time	Information
Bracelet making	Monday 23 October	11.00-12.00	Free
 Cup cake decoration	Wednesday 25 October	11.00-12.00	Free
Keyring making	Thursday 26 October	13.00-14.00	Free
 Paw Patrol storytime with Paw Patrol LIVE and Halloween craft	Friday 27 October	10.30-11.30	
Bhangra taster session	Friday 27 October	11.15-11.45	Free Active Slough goody bag
Gym based boxing taster	Friday 27 October	11.45-12.15	Free Active Slough goody bag
<b>CELEBRATE Chalvey event</b> Come and celebrate Chalvey with performances from local groups and young people. Food stalls information, advice and local history free event suitable for all ages	Saturday 28 October	12.00-16.00	Free entry

## Christmas break activities (18-22 December)

Activity	Date	Time	Information
 Christmas craft	Monday 18 December	13.00-14.00	Free
Cup cake decoration with Tesco	Tuesday 19 December	12.00-13.00	Free
Christmas card decoration	Wednesday 20 December	13.00-14.00	Free
 Gruffalo storytime with the Gruffalo LIVE and Christmas craft	Friday 22 December	10.30-11.30	Free

Please note the centre will be closed from 25 December to 2 January

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# Looking for volunteering?

Opportunities available supporting the library, customer service, meet and greet and activity sessions.

For more information contact Emily on 01753 875413.

## How to find us:



## Would you like to make a booking at Chalvey Community Centre?

We are available for parties, meetings, events, clubs and community functions. Please call our bookings team on 01753 875762.

**Chalvey Community Centre**  
The Green, Chalvey, Slough SL1 2SP  
Tel: 01753 875413