Brookvale Village Hall - Groups and contacts

Monday

Brookvale Toddler Group Erica &

Frank 10am - 12.30 : 077991418! brookvaletoddlers@gmail.com

(School Term time only)

open to all, Mums. Dads & carers

Tuesday

U3A book club 4th Tuesdays Elaine 10-12pm Elainesecu3abasingstoke@outlook.com

Free Home and Well Hubs

For carers, monthly, 9.30 to 3.30 https://carercentre.com/contact/

Slimming World Sarah 5:30pm and 7:00pm 07385239263

Wednesday

Civil Service Retirement Fellowshir 1st Wed 9.30 to 1pm 01256 418770

Talks, outings, social Tony & June <u>csrf@brookvale.org.uk</u>

Brownies & Guides & Rangers (term-time) 5.30-9pm brookvaleguiding@outlook.com

Taoist Tai Chi Society of GB Helen 2-3pm 07434 642 8 Tai.Chi@Brookvale.org.uk

Thursday

Coffee & Chat drop-in Malcolm 10.30 to 12 info@Brookvale.org.uk

everyone welcome

Caterpillar Music, 3 sessions Nicky 9.45 & 10.35 07952 93507 nicky.moore@caterpillarmusic.com

(School Term time only) & 11.25

for pre-schoolers

Taoist Tai Chi Society of GB Helen 7-8pm 07434 642 8 Tai.Chi@Brookvale.org.uk

exercise for health and tranquillity

U3A gardening group Joan 2-4pm 07969 49511 u3agardening@brookvale.org.uk

Monthly, 4th Thursdays

BCA committee 1st Thursdays- upstairs 7.30- 9.30pm info@Brookvale.org.uk

Friday

NCT mother & baby Coffee and Chat 10am-12 0844 243 60 coffeeandchat@basingstokenct.org.uk

(School Term time only)

artWell 12-3pm 07846 77974 hello@artwell-basingstoke.co.uk

Creative activities to promote mental wellbeing

Choreofit 6.30 -8pm Jenna Harris https://www.choreofit.co.uk/

Keep fit and dance

Saturday

Residents coffee drop-in Malcolm 10.30am - 12 Malcolm@brookvale.org.uk

2nd Saturdays except Bank Holidays

Basingstoke Art Club studio Varies <u>Basingstoke.Art.Club@brookvale.org.uk</u>

Art workshops, public invite Studio Sue https://basartclub.com/diary

Sunday

Martial Arts Wu Shu Kwan Graham 5pm to 7pm 07449 673036

Chinese Boxing for fitness and self-defence. Wu.Shu.Kwan@brookvale.org.uk

21/03/2024