



166 Ennerdale, Skelmersdale WN8 6AN 01695 713248

## WEEKLY CLASSES

### Monday

Tea & me

11.00am to 12.00pm Birchwood, Ennerdale  
7pm to 8pm ArtZ Centre Up Holland

Yoga evening class

### Tuesday

Shop/tea & me

11.00am to 12.00pm Tanhouse community centre  
12.00pm to 1.00pm Tanhouse community centre  
1.00pm to 2.00pm Tanhouse community centre  
12.30pm to 2.00pm Birchwood, Ennerdale (need to

Meditation

Wellbeing Yoga

Cooking classes

### Wednesday:

Shop/tea & me

11.00am to 12.00pm Tanhouse community centre

Inclusion Café

12.00pm to 1.30pm Tanhouse community centre

Creative writing

1.00pm to 2.30pm Birchwood, Ennerdale

Wonder ponder, walking group

1.30pm to 3.00pm Meet at Tanhouse community c

### Thursday

Shop/tea & me

11am to 12pm Ecumenical centre Skelmersdal

Inclusion café

12pm to 1.00pm Ecumenical centre Skelmersdal

Knitting natter

1.00pm to 2.30pm Birchwood, Ennerdale

### Friday

Inclusion Café

10.30am to 12pm The Zones

Arts & Crafts

12.30pm TO 2.00pm Birchwood Ennerdale

### Saturday

classes every second week

Veterans breakfast club (1<sup>st</sup> Sat of every month) 10.00am to 12.00pm West Lancs butchers Skelmersdal

**All classes are and cafes are 'pay as you feel'  
Mats are supplied for yoga classes**