REGULAR ACTIVITIES – MAIN HALL & COMMITTEE ROOM - from 14TH JANUARY 2023

For individual activities please contact the named people, where given.

| **DAY** |  **TIME** |  **GROUP** |  **CONTACT** |  **EMAIL** |
| --- | --- | --- | --- | --- |
| **Monday** | 10am to 11am |  Extend/Fit For Fun |  Currently Full | sec.lpca.gmail.com |
|  | 1pm to 2:30pm |  Tai-Chi – Adults | VACANCIES | sec.lpca.gmail.com |
|  | 5pm to 6pm |  Rainbows  | Carol Emary | sec.lpca.gmail.com |
|  | 6:15 to 7:30pm |  Brownies  | Janet Mathias |  sec.lpca.gmail.com |
|  |
| **Tuesday** | 8:30am to 4:30pm |  Baby Sensory classes |  Baby Sensory | cardiffwest@babysensory.co.uk |
|  | 3:15 to 6:00pm |  Spanish (children) |  Total Spanish tuition | totalspanishtuition@gmail.com |
|  | 8pm to 9:30pm | GA(Community Support group) |  | sec.lpca@gmail.com |
|  |  |  |  |  |
| **Wednesday** | 10am to 11am |  Extend/Fit For Fun |  Currently Full | sec.lpca@gmail.com |
|  | 11:30 to 12:00 |  Mind Matters |  Currently Full | sec.lpca@gmail.com |
|  | 18:30 to 19:30 |  Puppy Training course  | Emma Taylor | info@ratpackdogservices.co.uk |
| **AFTERNOONS CURRENTLY FREE AND EVENINGS 8:00PM to 10:00PM** |
|  |
| **Thursday** | 10:30 – 12:00 | Coffee Club (1st & 3rdThursdays) | Elizabeth Mainwaring | sec.lpca@gmail.com |
| **AFTERNOONS CURRENTLY FREE 1:00PM to 5:00PM** |
|  | 6pm to 7pm |  Dog Sports Training  | Emma Taylor | info@ratpackdogservices.co.uk |
|  |
| **Friday** | 09:30 – 11:00 |  Eden Church Parents & Toddlers | Helen Dyer07791101587  | hdyer17@icloud.com  |
| **AFTERNOONS CURRENTLY FREE NOON to 5PM** |
|  | 6pm to 7pm |  Dog Training Classes |  Emma Taylor | info@ratpackdogservices.co.uk |
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| SATURDAY |  **CURRENTLY FREE FROM 9AM TO 10PM** |
| SUNDAY |  CURRENTLY FREE FROM 9AM TO 10PM |