



# BRENT HUB PROGRAM TIMETABLE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>11am – 1pm</b> <b>FITNESS CLASSES</b> Dance Aerobics (DHI) £	<b>11am-3pm</b> <b>GROWN FOLKS GAMES</b> (Stonebridge Group) (Elderlies Bingo, Domino and Board Games every fortnight) £	<b>10:00am – 12pm</b> <b>PLACE OF WELCOME</b> (Tea/Coffee, Biscuits & games) Free	<b>10am-12pm</b> <b>ABLE AND STABLE</b> <b>FITNESS</b> (QPR) (seated exercise class 50+) £	<b>7-9pm</b> <b>YOUTH CLUB</b> (DHI) Great mentors, Social Environment, Fun & Games, Ages 5-11 Free	<b>9am-12pm</b> <b>STEEL PAN</b> (Grey Panthers) Learn to play the pans Free 02089638597	<b>9am – 12pm</b> <b>Apostolic Prayer</b> Church  <b>10am-2pm</b> <b>Freedom House Int.</b> Church
<b>10:30am-12pm</b> <b>MORNING TEA</b> (Tea With Gee) (Learn to speak English in a social and fun environment. Tea and sandwiches. WOMEN ONLY! Free	<b>4-5:30pm</b> <b>MUSIC LESSONS</b> (DMA) (Learn to play an instrument, all ages) £5	<b>1-4pm</b> <b>JOB SEARCH</b> (Brent Connexions) (Need help finding employment?) Free	<b>12-3pm</b> <b>GROWN FOLKS</b> <b>BUSINESS</b> (Stonebridge Older Persons Forum) (Come for a chat and grub last Thursday of each month) £	<b>6:30pm-9pm</b> <b>YOUTH CLUB</b> (Horn Stars) Great mentors, Social Environment, Fun & Games, Ages 9-15 Free	<b>9:45am-5:15pm</b> <b>SATURDAY SCHOOL</b> (Tuition Experts) (Tuition Group Classes) £	<b>10:30-12:30pm</b> Church (YOYO)
<b>6pm-9pm</b> <b>STONEBRIDGE</b> <b>SCOUTS</b> Learn Life Skills Have Fun Make Friends Ages 6-10 £	<b>5:15-7:15pm</b> <b>HOMEWORK CLUB</b> Maths, English & Science (DHI After School Homework & Study Club) £	<b>1-3pm</b> <b>DIGITAL CLASSES</b> (Horn Stars) (Digital training for 50+) Free	<b>3pm – 5pm</b> Employability and Team Building Workshops (Peer Support and Training)	<b>4:30pm-7pm</b> <b>Rock The Guitar</b> <b>GUITAR</b> <b>LESSONS</b> (Musicus) (Learn to play the guitar) Free	<b>1-2pm</b> <b>DANCE LESSONS</b> (Hillside Performing Arts) (Street Dance Classes 5-16yo) Free	<b>11-1PM</b> Christ Embassy Church
 <p><b>Something You Want To Do Is not There. Why Not Sign Up Your Interest.</b></p>	<b>5-6pm</b> Get Fit With Your Kids <b>FUN FIT FAMILIES</b> (Hillside Performing Arts) (Fitness classes for families, All ages) Free	<b>4-6pm</b> <b>CV &amp; JOB SEARCH</b> (Horn Stars) (Youth Enterprise for 16-24yo) Free	<b>5:15-7:15pm</b> <b>HOMEWORK CLUB</b> Maths, English & Science (DHI After School Homework & Study Club) £	 <p><b>Hall And Room Available For Hire.</b></p>		<b>1-pm</b> Light of the World Ministries Church
	<b>6:30pm-8:30pm</b> <b>STONEBRIDGE</b> <b>SCOUTS</b> Learn Life Skills Have Fun Make Friends Ages 6-10 £	<b>7-8pm</b> <b>FITNESS CLASS</b> (DHI Fitness) £5	<b>6:30pm-9pm</b> <b>YOUTH CLUB</b> (Horn Stars) Great mentors, Social Environment, Fun & Games, Ages 16-24 Free			<b>3-5pm</b> Destiny House Church (Spiritual Healing, Pentecostal church, Socialise

\*FOR MORE INFORMATION REGARDING EVENTS OR BOOKING SPACE, PLEASE CONTACT US ON **02039041994** OR PICK UP A FLYER FROM RECEPTION