



**VASSALL**  
COMMUNITY HUB

# WEEKLY COMMUNITY HUB TIMETABLE

## MONDAYS

09:30 - 10:15

### **Monday Morning Relaxation**

Guided relaxation and mindfulness  
Free, Drop-in

13:00 - 15:00

### **Disabled People's Drop-in**

With Bristol Disability Equality Forum. For anyone who identifies as disabled.  
Free, Drop-in

18:30 - 20:30

### **Level Up Youth Club**

Fun activities for ages 10+, Free, Drop-in,

### **Got an Idea?**

Want to run a class or activity contact Jess: [community@vassallcentre.org.uk](mailto:community@vassallcentre.org.uk)



## TUESDAYS

09:00 - 10:00

### **Qigong with Lou**

£7/5 conc. Move, breathe, connect, restore. Drop-in

10:00 - 11:00

### **Women's Yoga**

£3. Please book, contact Asma on 07838 183949

11:15 - 12:15

### **Golden Oldies**

Music & singing. First Tuesday of the month. £3 Donation. Drop-in

12:00 - 14:00

### **Lunch Club**

For older/isolated adults £5. Call 0117 965 9630

17:45 - 18:30

### **Inclusive Dance**

Ages 5-16 with complex disabilities. Free, call 07599 104 405

## WEDNESDAYS

09:30 - 11:00

### **Tea and Tots**

Under 5's, £1/£2 donation. Please book [lifechurchbristol.com/calendar/](http://lifechurchbristol.com/calendar/)

10:00 - 12:00

### **Carer's Community Café**

4<sup>th</sup> Weds of the month. Free, Drop in.

14:00 - 15:30

### **Friendship & Exercise Club**

Gentle exercise, games and refreshments. £5, Drop-in

19:30 - 21:30

### **Talk Club**

Fortnightly talking community for men 18+ email: [Jamestalkclub@gmail.com](mailto:Jamestalkclub@gmail.com)

## THURSDAYS

09:15 - 10:00

### **Women's Boxfit**

£7. Please book, text Jane on 0775 123 7049

10:30 - 12:00

### **Soup & Social**

All welcome, free toastie, soup, tea and coffee. Meet your neighbours and find out more about the community Hub

12:00 - 13:00

### **Gospel Choir**

£5 donation, Drop-in

14:00 - 14:45

### **Gentle Exercise**

For older people, Please book 0117 328 6250

17:00 - 17:45

### **Inclusive Yoga**

Fortnightly, Ages 5-16 with complex disabilities, Free, Call 07599 104 405

## FRIDAYS

10:00 - 11:00

### **Tai Chi**

Tai chi, qigong & shibashi. £5, please book 07777 493 281

18:00 - 19:30

### **Life Church Kids Club**

Fun activities and games for reception to year 6, Free, Drop-in

20:00 - 21:30

### **Life Church Youth Club**

Fun youth activities for Ages 11-18, Free, Drop-in



**Vassall Community Hub, Gill Avenue, Fishponds BS16 2QQ**

Visit our  
**Community Notice Board**  
For more events & activities

 **VISIT OUR WEBSITE FOR MORE INFO**

**[www.VassallCommunityHub.org.uk](http://www.VassallCommunityHub.org.uk) or call 0117 965 9630**

BRISTOL CHARITIES



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