


	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning	Computer Classes (Cross Street) 9:30 – 12:00 Coffee Morning (Soar Centre) 10.00 – 11.30 Home Start (Soar Centre) 10.00 – 3.00 Salsa Aerobics (Soar Centre) 11.30 – 12.30	Sure Start (Soar Centre) 9:00 – 4:00 Computer Classes (Cross Street) 9:30 – 12:00 Coffee Morning (Soar Centre) 10:00 – 12:00 Pilates (Soar Centre) 10.30 – 11.30 Want 2 Work (Communities First House) 10:00 – 3:00	Computer Classes (Cross Street) 9:30 – 12:00	Computer Classes (Cross Street) 9:30 – 12:00 Feel Good Group (Soar Centre) 10:00 – 12:00 Get Green (Communities First House) 10:00 – 12:00 Want 2 Work (Communities First House) 10:00 – 3:00 Chair Aerobics (Soar Centre) 10:30 – 11:30 Credit Union (Cross Street) 10.30 – 12.00	Baby Club (Soar Centre) 10:00 – 12:00 Rhondda Housing Training (Soar Centre) 10:00 – 2:00 Safe Start (Soar Centre) 10:30 – 3:30	<h1 style="text-align: center;">Soar Centre Programme</h1>  <h2 style="text-align: center;">Penygraig Community Project & Communities 1st</h2>	
	Computer Classes (Cross Street) 1:00 – 3:30 Citizens Advice Bureau (Communities First House) 2:00 – 4:00 After School Club (Soar Centre) Ages 6 – 11 years 4:30 – 6:00 Children's Dance (Soar Centre) Jiggers - Ages 3 - 6 years 4:00 – 4:45	Walking Group (Soar Centre) 12:00 – 2:00 Computer Classes (Cross Street) 1:00 – 3:30 Job Search & CV Writing (Communities First House) 2:00 – 3:30 After School Club (Soar Centre) Ages 6 – 11 years 4:30 – 6:00	Prize Bingo (Soar Centre) 1:00 – 3:00 Computer Classes (Cross Street) 1:00 – 3:30 Historical Society Group (Cross Street) 2:00 – 4:00 (2 nd Wednesday the month) Inner Wheel (Soar Centre) 2:00 – 4:00 (Last Wednesday of the month) After School Club (Soar Centre) Ages 6 – 11 years 4:30 – 6:00	Feel Good Group (Soar Centre) 1:00 – 3:00 +One Club (Soar Centre) 1:00 – 3:00 Beginners Welsh Class (Soar Centre) 12:30 – 2:00 After School Club (Soar Centre) Ages 6 – 11 years 4:30 – 6:00 Penygraig Guitar Club (Soar Centre) 4:30 – 6:00	Tai Chi (Soar Centre) 1:30 – 3:00 Youth Club (Soar Centre) Ages 11 – 25 4:30 – 6:30 Youth Dance (Soar Centre) (A technique class for dancers with previous experience) Connexions - Ages 14+ 4:45 – 6:00		
Evening	Children's Dance Groovers - Ages 7 - 13 years 4:45 – 6:00 Computer Classes (Cross Street) 6:00 – 8:30 Senior Youth (Soar Centre) 14 – 25 years 7:00 – 9:30	Computer Classes (Cross Street) 6:00 – 8:30 Youth Theatre (Cross Street) 6:00 – 8:00 Middle Club (Soar Centre) 11 – 14years 7:00 – 9:00	Computer Classes (Cross Street) 6:00 – 8:30 Middle Club (Soar Centre) 11 – 14years 7:00 – 9:00	Drama Workshop (Cross Street) 6:30 – 8:00 Senior Youth (Soar Centre) 14 – 25 years 7:00 – 9:30 Youth Clinic (Soar Centre) 7:00 – 9:30	Theatre & Arts Events (Soar Centre) See Posters for details	Theatre & Arts Events (Soar Centre) See Posters for details	Middle / Junior Youth Ages 11 – 25 4:00 – 6:00 Choir Sessions (Soar Centre) See Posters for details