


	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning	<p>Coleg Morganwg (Hair Styling) 9:15 – 11:45</p> <p>Open Access Community Support 10:00 – 12:00</p>	<p>**Preschool playgroup 9:45 - 11:45</p> <p>Parent support 9:45 – 11:45</p> <p>**Feeling Good (Referred places) (Mens group) 10:00 – 12:00</p>	<p>Baby Club 10:00 – 12:00</p>	<p>**Preschool playgroup 9:45 -11:45</p> <p>Parenting Group / Fitness 9:45 – 11:45</p> <p>Staff meeting 12:00 – 1:00</p> <p>Food Co op 10:00 - 1:00</p>	<p>**Babies 'R'Us (Young Mums group) 11:00 - 1:30</p>	<p>Penyrenghlyn Project</p>  <p>Penyrenghlyn 01443 773835 Penyrenghlyn@ValleysKids.org</p>	
Afternoon	<p>Baby club 12:30 – 2:30</p> <p>Salsa dance class 1:30 – 2:30</p> <p>** Artworks 5:30 - 6:30</p>	<p>**Feeling good (Referred places) 12:30 - 2:30</p> <p>Quilting class 1:30 - 3:00</p> <p>Open Access (Community Support) 2:00 – 3:30</p> <p>**Afterschool club 4:30 - 6:00</p>	<p>Community Bingo 1:00 – 3:00</p> <p>Adult volunteer support 3:00 – 4:00</p> <p>**Afterschool 4:30 - 6:00</p>	<p>Open access (Community support) 12:00 – 2:00</p> <p>Advanced photo shop 1:00 - 3:00</p> <p>Taff Ely Drugs Support (drop in) 1.30 - 3.00</p>	<p>Open access (Community support) 2:00 – 4:00</p> <p>Staff Support Sessions 2:00 - 4:00</p>	<p>Saturday Club (Middle) 1:00 – 3:00</p> <p>Video 1:00 – 5:00</p>	<p>**Homework club 11:00 – 1:00</p> <p>Jonny's Drop-in 11:00 –1:00</p>
Evening	<p>**Youth Theatre (Artworks) 7:00-9:00</p> <p>Lilac ladies (health and fitness) 6:30 - 8.:00</p> <p>Knitting class 7:00 – 9:00</p>	<p>**Junior youth 7:00 – 9:00</p>	<p>Estate meeting (Tenants & Residents) 6:00 – 8:00</p> <p>*Senior youth 7:00 – 9:30</p>	<p>*Afterschool 4:30 - 6:00</p> <p>*Senior youth 7:00 – 9:30</p>	<p>*Junior youth 6:00 – 8:00</p>	<p>Saturday Club (Youth) 3:00 – 5:00</p>	<p>Contact visits by arrangement weekdays only</p> <p>121 Listening sessions by arrangement</p> <p>**Referred places available ring for details</p>