

## Courses starting **September 2017**

17 St Wilfrid's Square, Calverton NG14 6FP Tel: 0115 8470551 Email: [corecentre@btconnect.com](mailto:corecentre@btconnect.com) [www.calvertoncore.org.uk](http://www.calvertoncore.org.uk)

COURSE	DAY	TIME
<b>Job Club (FREE)</b>	MON	11.00 – 13.00
Evening Makeup/Massage – Aim Award	MON	09.00 – 11.00
Drop In Computers – Beginners	MON	13.15 – 14.45
Healthy Foods/Nutrition	MON	13.30 – 15.30
Computing Beginners/Improvers	TUE	10.00 – 12.00
Card Making Workshop	TUE	11.00 – 13.00
Computing Beginners/Improvers	TUE	13.00 – 15.00
Improve Your French	TUE	13.15 – 15.15

COURSE	DAY	TIME
<b>Chairbased Exercise (FREE)</b>	TUE	14.00 – 15.00
Card Making Workshop	WED	11.00 – 13.00
Trace Your Ancestors Next Steps	WED	10.00 – 12.00
Hairstyling – Updo!	WED	11.00 – 13.00
Improve Your Spanish	WED	13.15 – 15.15
<b>Job Club (FREE)</b>	THUR	11.00 – 13.00
Bobbin Lace Making	THUR	10.00 – 12.00
<b>Seated Yoga (FREE)</b>	THUR	14.00 – 15.00
Chinese Painting	FRI	10.30 – 12.30

**Citizens Advice Bureau free Every Monday - limited appointments; first come, first served**

**Hearing Clinic free Every First Thursday 1.15 – 2.15 pm**

**Dementia Carers Club free Every Second Thursday 1.30 – 3.30 pm**

(A pleasant change and support for those who care for people with dementia)

**Sight Clinic – To Be Arranged**

**Counselling Therapy with Lynda Britchford (Dip Hyp CS) nominal £10 per session by appointment**

**Lauren Greenhalgh – Family Solicitor - free family legal advice by appointment**

**Stop Press!!!**

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Places are limited so put your name down as soon as possible. There is a £10 registration fee, refundable within 3 months providing you attend your course. Courses commence September 2017. Fees range from £3 to £4 per hour, payable on the first day of your course. If you receive benefits you may qualify for free learning; bring evidence of benefits with you on the first day of your course. For further information about course content, start dates and duration, call into The CORE Centre or telephone for a chat.

*We have a chairlift to classroom and IT suite on upper floor.*



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