

## Courses starting **September/October 2018**

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 |
| Computing Beginners/Improvers     | TUE | 10.00 – 12.00 |
| Card Making Workshop              | TUE | 11.00 – 13.00 |
| Computing Beginners/Improvers     | TUE | 13.00 – 15.00 |
| <b>Chairbased Exercise (FREE)</b> | TUE | 14.00 – 15.00 |
| French for Improvers              | TUE | 13.15 - 15.15 |

| COURSE                    | DAY  | TIME          |
|---------------------------|------|---------------|
| Patchwork Self Help Group | WED  | 09.30 – 11.30 |
| Spanish for Beginners     | WED  | 13.15 - 15.15 |
| Card Making Workshop      | WED  | 11.00 – 13.00 |
| <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 |

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

**Hearing Clinic free Every First Thursday 1.00 – 2.00 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)

**Chiropody with Wendi McKenna by appointment**

**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!!!**

**Stop Press!!!**

Places are limited so put your name down as soon as possible. Courses commence January 2018. Fees from only £3 per hour, payable at registration or 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 or email us.

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



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