

THE REDMOND COMMUNITY CENTRE

WHAT'S ON IN JANUARY 2017

MONDAYS

TINY TIME MUSIC SESSIONS - Back on 9th January 2017

Come and enjoy fun play based around music, singing, instruments, colourful scarves, bubbles and dancing.

MAIN HALL // £6 Per child or £9 for 2 siblings // 10-11am // Contact Emmett from Tiny Time on 0791 253 7073

CERAMICS CLASS - Back on 9th January 2017

A weekly ceramics class for all levels provided by Tunde from Tado Ceramics! The course runs until the 13th February 2017 and you can gain a NCFE Level 1 Award.

Main Hall // £50 for Hackney Residents // 3 - 6pm // Contact Tunde to book on 07984 456 210

KNITTER NATTER CLUB - Back on 9th January 2017

A free social knitting club for all ages and abilities - Just come along with your needles and yarn for a cup of tea! Beginners welcome!

Social Area // Free // Just drop in from 5.45pm - 7.30pm

YOGA WITH MINDFUL MOVEMENTS - Back on 9th January 2017

Vinyasa Flow Community Yoga // An energetic, dynamic and flowing class with yoga postures constructed into a sequence so your body is working and moving continuously.

Main Hall // 6.30 - 7.30pm // £6 drop in // Beginners only

Dynamic Vinyasa Flow Yoga // (*Please note this class is not recommended for complete beginners.*) A vigorous, dynamic and flowing class with yoga postures constructed into a sequence so your body is working and moving continuously.

Main Hall // 7.30 - 8.30pm // £10 drop in

TUESDAYS

LUNCHEON CLUB - Back on 10th January 2017

A weekly luncheon club providing a healthy and affordable 2 course meal for just £3.90! No need to book just drop in!

Social Area // £3.90 // Contact Lydia for more information on 07804 693 461

5 RHYTHMS CLASS - Back on 10th January 2017

A simple movement practice designed to release the dancer that lives in every body, no matter what its shape, size, age, limitations and experience.

Main Hall // £14/£12/£10 concessions // 7-10pm // For more info contact www.innerdancer.net

WEDNESDAYS

WHEELY TOTS - Back on 11th January 2017

Parent and toddler balance bike training for ages 2-4 years. Bike mending 3-4pm (on request)

Social Area // Free // 2-4pm // Contact David on 07775 610 611 for more information

TOASTMASTERS! - Back on 11th January 2017

Do you want to improve your public speaking and leadership skills in a supportive and friendly environment

Room 2 // £5 // 7-9pm // For more info please contact Chris Newman on [facebook.com/Manorhousespeakers](https://www.facebook.com/Manorhousespeakers)

THURSDAYS

ZUMBA WITH SILVIA - Back on 5th January 2017

Come along every week and Silvia will take you through an energetic hour of zumba moves!

Main Hall // £6 // 7-8pm // Contact Silvia on silviaroa80@gmail.com for more info.

FRIDAYS

UNDER 5'S PLAY 'N' STAY KIDS GROUP - Back on 13th January 2017

A messy and musical play session for children under 5! Hosted by the team from 'Hackney Playbus'.

Main Hall // Free // 10-12noon // Go to www.hackneyplaybus.org for more info

CAPOEIRA CLASSES FOR KIDS (7-11yrs) - Back on 13th January 2017

Capoeira is a martial art that combines elements of fight, acrobatics, music, dance and rituals in a very elegant and magnetic way. Hosted by Genesis Housing and Hackney Public Health.

Main Hall // £1 per child // 5-6pm // Please contact Henry Muss on 0208 356 6326 for more info.

WOMENS FITNESS - BODY CONDITIONING CLASS - Back on 13th January 2017

A general all round exercise class for women to learn more about fitness and body conditioning. Hosted by Genesis Housing and Hackney Public Health.

Room 2 // £1 per adult // 5-6pm // Please contact Henry Muss on 0208 356 6326 for more info.

SATURDAYS

YOGA WITH JAMES - Back on 7th January 2017

Focus Yoga James is expert in yoga practice and can lead you through the class whether you are a beginner or more advanced.

Main Hall // £7.50 // 10 - 11.30am // Contact James on www.focusyoga.guru for more info.