What's On in Your Community?

North City Centre

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
ZUMBA GOLD 10:30-11:30 Silver Road Community Centre	**COSY CAFE** 09:30-14:00 Silver Road Community Centre	**YARN IN A TEACUP** Knitting Group 09:00-12:00 Sprowston Road	**MIND THE GAP** Music Group for people suffering with any illness 14:00-16:00 Silver Road Community Centre	**ENGLISH CONVERSATION CLASS** 10:00 onwards City Gates Church	**ZUMBA** 09:00-10:00 Silver Road Community Centre
VISION-IMPAIRED COFFEE MORNING 10:00-11:30 (last Monday of each month) Vision Norfolk	**PIT STOP FOR MEN** 14:00-16:00 Men's Craft, St John's Alley	**OPEN COFFEE MORNING** 10:30-12:30 St. George's Church	**YARN IN A TEACUP** Knitting Group 18:00-21:00 Sprowston Road	**YARN IN A TEACUP** Knitting Group 10:00-16:00 Sprowston Road	**NR3 LITTERBUGS** Litter-Picking Group 13:00 (last Saturday each month) The Urban Lounge
COFFEE MORNING 11:00-12:30 **LUNCH CLUB** 12:30-14:00 St. Augustine's Church	**MINDFUL URBAN PHOTO WALK** 10:00-12:00 (once per month) Evolving Canvases CIC Starts at The Playhouse	**WELLBEING CAFE** 12:30-17:00 Silver Road Community Centre PLUS **BINGO** Every 1st & 3rd Week **POLISH PAPER CUTTING** 14:00-16:00 (every 3 weeks) Cactus Cafe	For further information about listed groups, please contact the organisers by dropping in to the venue or searching up their website!	**ADULTS ARTS & CRAFTS WELLBEING** 10:30-12:00 St Augustine's Church Hall	**PODCAST CLUB** 10:00-12:00 (first Saturday of each month) SoundYard **MOVIE NIGHT** 17:00 second Saturday of each month) St Augustine's Church Hall

INTERESTED IN STARTING A NEW GROUP?

Let Us Help!

Email the Community Connectors!

saskia@theshoebox.org.uk
chloe@theshoebox.org.uk

Our Stories OUR POWER

Scan the QR code to subscribe to our fortnightly local newsletter!

The Shoebox ENTERPRISES

COMMUNITY FUND

Norwich Health & Wellbeing Partnership

Healthy Norwich