

Catton Grove Community Centre
Jewson Road, Norwich NR3 3RD

WHAT'S ON IN 2025

Welcome to our latest Community Centre newsletter. Inside you will find details of all the activities and services offered at your local Community Centre. There's lots of things going on - if you haven't been to the Community Centre for a while, why not pop in and see what's happening...



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Gentle Exercise Sessions Mondays from 9.30 - 10.30am

Our gentle exercise sessions are suitable for older people, people recovering from illness or injury or anyone looking for a gentle way to increase their fitness.

Our gentle exercise sessions are led by a qualified fitness instructor and can easily be adapted for people with disabilities or limited mobility.

Only £3.00 per session. New members are always welcome, with your first session free!



Stitch and Chat Mondays from 11.00am - 1.00pm

Stitch and Chat is a small, friendly handicrafts group. We come together to sew, knit, quilt and crochet while enjoying a cup of coffee and a catch up with friends. We all help each other and learn new skills together. New members always welcome. Your first session will be free of charge, after this sessions are only £2.00 per week with free refreshments.

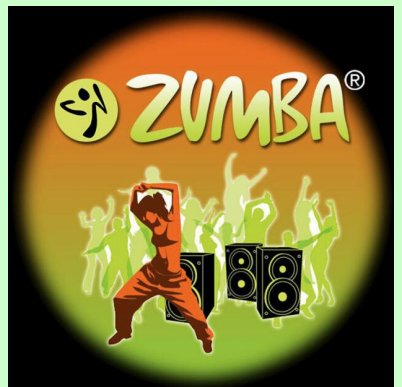


Zumba Dance Sessions Mondays from 6.00 - 7.00pm

Our Zumba dance sessions, led by a qualified Zumba instructor, are fun, energetic and can make you feel amazing!

For adults and young people aged 14+. Everyone welcome, including anyone new to Zumba.

Sessions are only £3.00 per week with your first session free of charge - come and give it a go, you won't regret it!



New Horizons Community Choir Tuesdays from 10.00am - 12noon

New Horizons Community Choir meets at the Community Centre on Tuesday mornings.

Everyone welcome, no auditions and no previous experience required. Only £3.00 per session.

For more information call Bernard on **07891 319049**



Digital Drop-In Wednesdays from 9.15 - 11.15am

Getting to grips with digital technology can be tricky at times. Our free digital drop-in sessions help you to get the most out of your laptop, tablet, PC or smartphone.

Our friendly, knowledgeable, volunteers are on hand to help you with everything from social media, online shopping or setting up a new e-mail address. Drop-in and get the help you need!

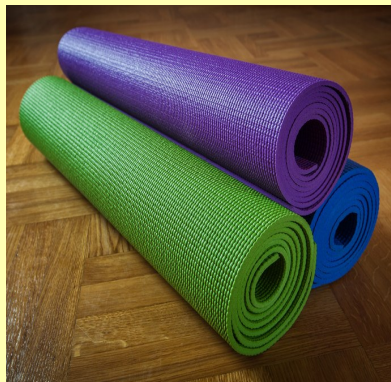


Yoga Sessions Wednesdays from 11.00am - 12noon

Our yoga sessions focus on building strength and flexibility whilst also reducing your stress levels and helping you to relax.

Led by a qualified yoga instructor, our sessions are suitable for all ages. New members, including beginners are welcome!

Only £3.00 per week with your first session free of charge!



Friendship Club Wednesdays from 2.00 - 4.00pm

Catton Grove Friendship Club for the over 50's offers you the opportunity to meet friends and socialise over a cup of tea and cakes, plus a game or two of bingo and a weekly raffle.

We also arrange regular short breaks, meals out and day trips. New members always welcome. Only £1.50 per week, bingo from 10p per game and free refreshments.



One Voice Glee Club Community Choir Wednesdays from 7.30 - 9.00pm

One Voice Glee Club meets at the Community Centre on Wednesday evenings. We are all about building confidence through music. We have a strict no audition policy and our welcoming and light-hearted approach puts members at ease. We sing easy-to-learn arrangements to uplifting music. New members welcome. For more information, send an e-mail to onevoicegleeclub@gmail.com or call 07795 690614



Arts and Crafts Thursdays from 10.00am - 12noon

Come along and unleash your creativity with an exciting range of arts and crafts. Work at your own pace with support and encouragement from local community artists. New members always welcome, no previous artistic skills required! Only £2.00 per session, including materials and refreshments. Our arts and crafts sessions are supported by funding from Norfolk Community Foundation Love Norfolk Fund.

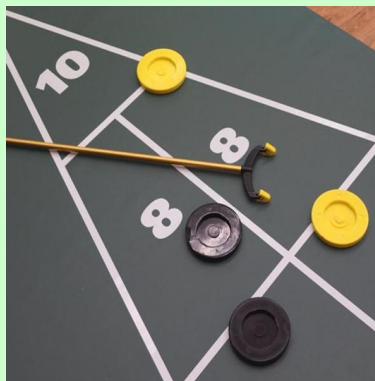


Shuffleboard Club Thursdays from 12.30 - 2.30pm

Shuffleboard is a game for 2 or 4 people. The aim of the game is to beat your opponent by shooting discs into the marked areas at the opposite end of the court. Shuffleboard is similar to bowls or curling. It is easy to learn and lots of fun for all ages and abilities.

Come and join our small, friendly group.

Only £1.00 per session with your first session free of charge!



Friday Fitness Fridays from 9.30 - 10.30am

Friday Fitness offers you the opportunity to exercise at a pace that suits you, with support and encouragement from a qualified fitness instructor.

Come and join this small, friendly fitness group for only £3.00 per session with your first session free of charge!



Friday Night Bingo Fridays from 7.15pm Onwards

Come and join our friendly, affordable bingo group which meets at the Community Centre on Friday evenings. We are open from 7.15pm with 'eyes down' at 8.00pm. Entrance fee is 20p per person, bingo books start from 50p per book, which gives you 8 games.

Everyone welcome, including children if they are accompanied by an adult.



Come to our Easter Fayre on Saturday 19th April 2025 11.00am - 2.00pm Everyone welcome!



ChatterBox Thursdays from 10.30am - 2.30pm

ChatterBox is a group for everyone!

We have books, board games, puzzle books, jigsaws and lots of chat for you to enjoy.

Only £2.00 per session. Catch up with friends old and new. New members always welcome.

ChatterBox meets weekly at the Community Centre on Thursdays from the start of April to the end of November 2025.



Hiring Catton Grove Community Centre

Sorry, the Community Centre is not available for private hire. If you are looking for somewhere to hold a birthday party or a family celebration, there are a number of venues nearby that may be able to meet your needs...

Oak Grove Chapel	Tel: 01603 403388
St Catherine's Church Hall	Tel: 01603 483356
Mile Cross Phoenix Centre	Tel: 01603 403814
YMCA Aylsham Road Hub	Tel: 01603 343082



Catton Grove Monthly Community Lunches

Our monthly community lunches offer you an affordable 2 or 3 course lunch along with a selection of light snacks including fresh soup, baked potatoes and toasted sandwiches, all prepared by our fantastic team of volunteers!

In 2025, community lunches will be served on the following dates...

Tuesday 7th January	Tuesday 4th February	Tuesday 4th March
Tuesday 1st April	Tuesday 6th May	Tuesday 3rd June
Tuesday 1st July	Tuesday 2nd September	Tuesday 7th October
Tuesday 4th November	Tuesday 9th December	

Our community lunches are very popular, to find out what's on the menu and to reserve your places call or text **07834 436272** or drop into the Centre!



Prize Hoy! First Tuesday each month from 2.30 - 4.00pm

Hoy! is a card game similar to bingo, it's easy to learn and great fun for all ages.

Hoy! is played at the Community Centre on the first Tuesday of every month starting at 2.30pm. Come along and see if you can win a prize!

Only £1.00 to play. Everyone welcome, bring a friend, bring lots of friends or come on your own and meet new people!



FREE taster sessions at Catton Grove Community Centre!

Not sure if an activity will be right for you? Don't worry, for most of our activities we offer free taster sessions.

Come down and enjoy your first session free of charge!



Catton Grove Community Centre - volunteers wanted!

Catton Grove Community Centre supports a wide range of community activities and services. Many of our activities are run by volunteers.

We have a range of volunteering opportunities to suit all ages and abilities. Full training and support will be available.

For more details call **07834 436272** or send an email to cattongrovecentre@hotmail.co.uk



If you would like more information about any of the activities or services advertised in this newsletter, please get in touch...



You can call us on **01603 487329 / 07834 436272**



Send an e-mail to cattongrovecentre@hotmail.co.uk



Follow us on Facebook - Catton Grove Centre