

**Sunday 22<sup>nd</sup> July**

10:00 am Morning Worship led by Mr David Brown

6:00 pm Evening Worship led by Mr Bill Indian

**Sunday 29<sup>th</sup> July**

10:00 am Morning Worship and Communion led by Rev R Bainbridge

6:00 pm Evening Worship led by Mr Allen Humes

### Midweek Activities

**Monday 23<sup>rd</sup> July**

Tai Chi	9:30 – 10:30am
Alzheimer's Society – "Singing for the Brain"	1:30 – 3:30pm
Stop Smoking Clinic*	4:00 – 6:00pm
Denchi Kai Academy	6:00 – 7:30pm
Women's Institute	7:00pm

**Tuesday 24<sup>th</sup> July**

Coffee Morning hosted Perkinsville Church	9:00 – 11:30am
Thrive Yoga	10:00 – 11:30am
Talking Changes*	10:00 – 12 noon

**Wednesday 25<sup>th</sup> July**

Talking Changes*	2:00 – 4:00pm
Relate*	5:30 – 7:30pm
Slimming World group 1	5:30pm
Slimming World group 2	7:30pm
Ballroom Dancing	7:45pm

**Thursday 26<sup>th</sup> July**

Access Training*	9:00am – 4:00pm
Thursday Lunch	12 noon
Humankind*	12:00 – 1:00pm
Drama Tree	4:00pm
Slimming World group 1	3:30pm
Slimming World group 2	5:30pm
Slimming World group 3	7:30pm

**Friday 27<sup>th</sup> July**

Access Training*	9:00am – 4:00pm
Coffee Morning	9:00 – 11:30am
Hear 4 U Listening Service	9:00 – 11:30am
Holy Communion	10:00am
BID Services	10:00 – 12 noon
Creative Crafts	10:00am- -1:00pm
Prayers in the Vestry	11:30am

**Saturday 28<sup>th</sup> July**

Coffee Morning hosted by Our Rainbows	9:00 – 11:30am
Impact Family Services*	10:00am – 2:30pm
Slimming World group 1	8:00am
Slimming World group 2	10:00am
Slimming World group 3	12 noon
Food Cycle	5:00 – 9:00pm
N. A. Meeting *	7:30 – 9:00pm

With the exception of items marked \* all of these activities are open to all and everyone is welcome.

If you are interested in joining a particular activity, please contact the office for further information or visit our website [www.cornerstonescentre.com](http://www.cornerstonescentre.com)

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