

# 4thecommunity - Community House Activities – everybody welcome

This is a flexible timetable that uses approximate times as a guide. Change is always just around the corner...

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	<p><b>RHYL MENS SHED</b> 10am - 3pm</p> <p><b>BASIC ENGLISH</b> 10.30 – 12.00</p> <p><b>YOGA</b> 10.00 – 12 (For beginners and practitioners enhancing mind and body health)</p>	<p><b>RHYL MENS SHED V</b> 10am - 3pm (Range of social, informal education, leisure, art, craft, woodwork, and horticulture activities for men of all ages – 18+)</p> <p><b>COMPUTERS GROUP</b> 10.30 – 12.00</p>	<p><b>WOMENS SHED</b> 10am – 2pm (Range of social, informal education, leisure, art, craft, and horticulture activities for women of all ages – 18+)</p>	<p><b>PARENT &amp; TODDLER</b> 10am – 11.45am (Ages 1 - 3, Play, arts and crafts, singing, outdoor plant and food growing, trips, food and refreshments. Parents mutual support group)</p>	<p><b>PARENT &amp; TODDLER</b> 10am – 11.45am (Ages 1-3, games, socializing, learning, play. Parents mutual support group.)</p> <p><b>YOGA</b> 10.30 – 12 (For beginners and practitioners enhancing mind and body health)</p>		
Afternoon	<p><b>RHYL MENS SHED</b> 10am - 3pm</p> <p>I.T TRAINING</p>	<p><b>RHYL MENS SHED</b> 10am - 3pm</p> <p><b>ART GROUP</b> 1pm – 2.30pm</p>	<p><b>RECOVERY GROUP</b> (By referral) 1 – 3.00 pm</p> <p><b>GUITAR SCHOOL</b> 4.45 – 5.45pm (Ages 11 – 25, all abilities, Informal guitar tuition, with a guitar library)</p>	<p><b>PARENT &amp; TODDLER</b> 12.45pm – 2.30pm</p> <p><b>ART + CRAFTS GROUP</b> 1pm – 3pm (Very informal, hands on tuition for adults any age / ability. )</p>	<p><b>PARENT &amp; TODDLER</b> 12.45pm – 2.30pm (Ages 1-3, games, socializing, learning, play. Parents mutual support group.)</p> <p><b>RECOVERY GROUP</b> (By referral) 1 – 3.00 pm</p>		
Evening	<p><b>CLOSED</b></p>	<p><b>CONVERSATIONAL ENGLISH</b> 7 – 8.30pm (Adults any age)</p> <p><b>NARCOTICS ANONYMOUS</b> (7 – 8.15pm)</p> <p><b>MINDFULNESS MEDITATION</b> 6pm - 7pm (Beginners welcome)</p>	<p><b>STREET GAMES</b> 4pm – 6pm (Ages 10 – 16, Sports, games, leisure and social education.)</p> <p><b>ANTI – AUSTERITY FORUM, DEBATE</b> 7pm – 9pm (Organised by RHYL PEOPLES ASSEMBLY)</p>	<p><b>ENGLISH FOR SPEAKERS OF OTHER LANGUAGES</b> <b>(7 – 8.30pm)</b></p> <p><b>ALCOHOLICS ANONYMOUS</b> (7 – 8.15pm)</p>	<p><b>STREET GAMES / YOUTH CLUB</b> 5pm – 7.30pm (Ages 9 – 15, Sports, games, leisure and social education.)</p> <p><b>*TIMES TBC*</b></p>		<p><b>YOUTH JUSTICE &amp; FUN GROUP</b> 6.30 – 8.30pm Fortnightly (Ages 12 – 18, social education, social, leisure, trips, fund raising for anti poverty work)</p>

Activities are **free**, (excluding YOGA). @ Community House, St. Mary's Church, Wellington Rd, West Rhyl

**Everyone welcome.** For more information, please ring 01745 798028 or e mail [hello@4tc.info](mailto:hello@4tc.info)