



*Whats on  
at your*

# Pill Mill

*At the Heart of Your Community*

**Telephone: 01633 660262**

## Central Hub Employment Support

Mon/Tue/Wed/Fri 9.00am – 4.00pm - 01633 264157

### Monday

Walking Netball	10.00am – 11.00am
ESOL Classes	10.00am & 1.00pm
NCC Adult Learning	
Phoenix Dance Academy Tots Ballet	4.30pm – 5.00pm
Phoenix Dance Academy Tots Street Dance	5.00pm – 5.30pm
Super Hoopers Netball For over 35's. £4 entry	7.00pm – 8.00pm

### Tuesday

ESOL Classes	9.30am & 12.00pm
NCC Adult Learning	
Empire Elite Gymnastics Girls gymnastics 4 years +	5.00pm – 7.00pm
Sunshine Club Bingo Sunshine Social Club	6.00pm - 8.00pm
FTSL Premier Futsal Club Championship League	7.30pm - 9.30pm

### Wednesday

Empire Elite Gymnastics Girls gymnastics 4 years +	5.00pm – 7.00pm
Youth Club Football Ages 11 – 17 - Free	5.00pm – 6.00pm
Central Hub Youth Club Ages 11 – 17 - Free	6.00pm - 8.00pm

### Thursday

ESOL Classes	10.00am & 1.00pm
NCC Adult Learning	
Community Food Pantry	12.00pm – 12.30pm

### Thursday Continued

Citizens Advice Bureau By appointment only (264157)	12.00pm – 3.00pm
NCC Play Club – Age 5-12 Need to register in advance	4.30pm – 6.00pm
Shorin-Ryu Seibukan Karate Age 6 years +	5.00pm – 6.00pm
Junior Futsal Academy Need to register in advance	6.00pm - 8.00pm

### Friday

ESOL Classes	9.30am & 12.00pm
NCC Adult Learning	
Knit & Natter Sunshine Social Club	2.00pm - 4.00pm
Newport Live Friday Football Ages 8 – 11 years - Free	5.00pm – 6.00pm
Newport Live Friday Football Ages 12 – 16 years – Free	6.00pm – 7.00pm
DJ & Music Workshop Ages 11 – 18 years - Free	6.00pm – 8.00pm

### Saturday

UKTC Taekwondo	9.15am – 11.00am
Kid Care 4 U	11.00am - 1.00pm
Empire Elite Gymnastics Girls gymnastics 4 years +	11.30pm – 2.30pm

### Sunday

Kixx: Football Academy <a href="http://www.kixx.org.uk">www.kixx.org.uk</a>	9.00am – 11.00am
Junior Futsal Academy Need to register in advance	11.00am - 1.00pm
New Dimensions Faith F/ship	11.00am - 1.00pm
Cwtches Puppy Training	1.45pm & 3.15pm