Additional services and potential volunteer opportunities

Eglinton Community Hall is at the heart of Eglinton village – as well as a wide range of classes and activities for all ages you will also find this range of additional services and and volunteer opportunities:

Eglinton Community Larder – always open at the front of the building

Eglinton Community Fridge / Freezer - situated in the Community Library

Eglinton Community Orchard

Eglinton Veggie Swap

Herbs on the Kerb

Eglinton Community Library

North West Advice Service - every Wednesday 9.30am - 12.30pm

Many of our activities are drop in so you can just come and try out a daytime class such as chair Yoga, Dance Exercise.

Rooms available for hire for meetings, functions and parties

Contact us: 71812303 / 07756464372 / eglintoncommunity@yahoo.co.uk / facebook Eglinton Community Hall

Adult and Age Friendly Activities

Mondays:

11am – Hearing Aid Support, the next session will be on Monday 3rd March **11.30am - Monday Club 55+,** social activity for older people, drop in

6pm Pilates – booking required -contact Ann Marie Conlon OakPilates on facebook - <u>https://www.facebook.com/OakPilates</u>

7 – 9pm - Sewing and Quilting Class, beginners welcome, book place with Carol Ewing 07732738557

7-8.30pm Women's Health and Safety – self defence classes, finishes on 3^{rd} March 2025 – cost £10 for 7 weeks

Tuesdays:

11am - Over 50s Chair Yoga, drop in

6 – 9pm Fencing Club

6.30pm Eglinton Road Runners – every week

6.30pm - 8.30pm - Crochet - drop in

7:30pm Zumba - drop in - tutor Alana McCrudden

Wednesdays:

9.30am – 12 noon NW Advice (formerly Citizens' Advice)

11am - Over 50s Dance Exercise, drop in

11.30am - Carers' Café, drop in - for unpaid carers

12.30pm – The Eglintones, drop in – Choir singing for fun

7.30pm Ceili Dance drop in

7.30pm Yoga for All – contact Hunter Aromatics on Facebook or drop in – every week

Thursdays:

10.30am – Over 50s weekly walks - weather permitting until end June
12 noon – Silver Circus for older people with In Your Space Circus Skills in October
6.30pm Karate Seniors – Paul Burley to book – 07549660877
5pm Slimming World
7pm Slimming World

6.30pm Eglinton Road Runners

Fridays:

11.30am Feel Free Tai Chi, drop in

1pm Crochet, drop in

6pm Pilates – booking required -contact Ann Marie Conlon OakPilates on facebook - <u>https://www.facebook.com/OakPilates</u>

Babies, Children and Youth Activities

Mondays:

9.30am – 11.30am Eglinton Babies and Toddlers
10am – Mother and Baby Pilates – booking required, text or instagram
07835536810
Tuesdays:
10.30am Baby Sensory – birth-13months – to book contact
https://www.facebook.com/BSnwColeraine/
12 noon Baby Sensory
There are currently waiting lists for Baby Sensory
11am Little Mess, messy play, book https://derry.thelittlesensory.co/3pm - 8pm Guitar lessons, contact Kevin on 07597184509 to book
6- 8pm Fencing Club – age 8+
Wednesdays:
11am Minnie Movers – minniemovers.com to book
3.15pm Irish Dancing – age P1+ - Mary McGuiggan
5.15 – 7.15pm Fencing Club – age 8+

Thursdays:

6.30pm Academy of Shotokan Karate – contact Paul Burley to book – 07549660877

Fridays:

10am - Reading Fairy - www.readingfairy.com/nwni

11am Reading Fairy

There will be an additional class if required

4pm – Speech and Drama

5pm – Speech and Drama

6pm – Speech and Drama

7 – 8.30pm Youth Club P5- P7

8.30 – 10pm Youth Club Year 8+

Saturdays:

9.50am Mini Professors, age 2-4, to book https://www.facebook.com/mpnorthwestni/

11am Mini Professors, age 4-8