

Regular activities include:

- **Alzheimer's Society** 2nd Monday
monthly drop-in for carers & others
- **JCW Fitness** Wednesday & Friday
Pilates dance & fitness classes, pay-as-you-go
- **Monkey Music** Thursday & Friday
music for pre-school children
- **Thursday Club** Thursday
drop-in for the over 60s, all welcome
- **Yoga** Tuesday & Thursday
drop-in Astanga yoga classes, all levels

Further details from the Parish Office

***A resource for the
community***

St Andrew's Centre

The logo for St Andrew's Centre features a large, stylized cross at the top, with a vertical bar extending downwards from its center. The bar is wider at the top and tapers to a point at the bottom. The text 'St Andrew's Centre' is written vertically in a bold, sans-serif font along the left side of the vertical bar.