

# Park Lane Centre

Business and Community working together

# What's On Guide

# **Social Groups**

# **Monday**

Friendly Faces 13.00pm -15.00pm

Park Lane Bowls Club 14.30pm- 16.30pm

# <u>Tuesday</u>

Warm Space 14.00pm - 17.00pm

Madeley Court Bowls 13.00pm -15.00pm

Park Lane Bowls Club 19.00pm - 21.00pm

# Wednesday

Warm Space 14.00pm - 17.00pm

Knit & Knatter 14.00pm -16.00pm

# **Thursday**

Crafts Galore 10.00am-15.00pm

Well Beans Café 13.30pm - 15.30pm

# **Friday**

Park Lane Bowls Club 14.30pm - 16.30pm

# **Health and Fitness**

# **Monday**

Tone 'n' Trim 09:30am-10:30am

(For Booking: call 01952 382621 or visitwww.telfordandwrekinleisure.co.uk)

# **Wednesday**

FREE Outdoor Gym Boot Camp 10:30am - 11.30am

Yoga 7:00pm - 8:30pm

### Thursday

Women's AA group 16:00pm -18:00pm

Tea Dancers 14:00pm -16:00pm

Gentle Yoga 17.30pm - 19.00pm

# **Friday**

NA Group 11.30am - 12.30pm

Activity 4 All 13:00pm -14:00pm

(For more info call Pete on 07812 005659)



# **Children's Groups**

# **Monday**

Families in Telford (Term time only) 9:30am -11:00am

Rainbows 5-7yrs 17:00pm -18:00pm

Brownies 7-10yrs 18:00pm - 19:30pm

Guides 10-14yrs 19:30pm - 21:00pm

Making Changes Youth Club 13+ 18:00pm - 20:00pm

# Tuesday

Challenging Perceptions/Next Gen Youth Club 16:00pm-17:30pm

Taekwondo 18:00pm - 20:00pm

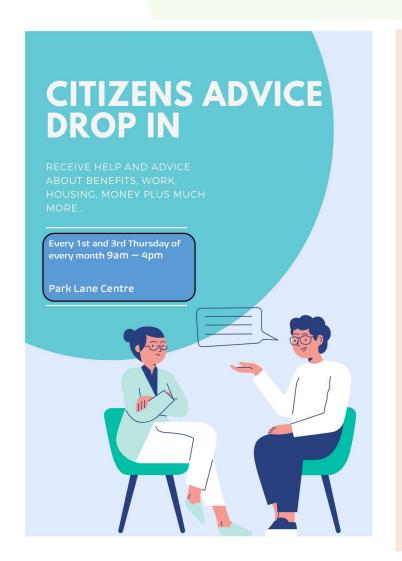
# **Thursday**

Families in Telford (Tums & Tinies) 9:30am- 11:00am

Callisto Dance 17:30pm - 20:30pm

# Friday

Playing together (Strengthening Families) 13:00pm - 14:30pm







# Woody's Warren Cafe



£6.00

# BREAKFAST

Full English Large

	Full English Small	£4.50
	Beans or Egg on Toast (2 Slices)	£2.20
	Toast (2 Slices) With Jam or Marmalade	£1.20
	3 Hash Browns	£1.20
	LITE BITES	
	Assorted Hot or Cold Sandwiches FROM	£2.50
$\sqrt{\Lambda}$	Assorted Panini	£3.50
	Jacket Potato 1 Filling	£3.00
	Jacket Potato 2 fillings	£3.50
	Chips	£2.00
$\mathcal{O}$	SPECIALS	
$\subseteq$	Daily Special FROM	£5.00
_//	Childs Special or Lunch Bag FROM	£3.00
	BEVERAGES	
		01.00
1,	Coffee Regular	£1.60
	Coffee Large	£2.00
1	Tea	£1.60
	Hot chocolate	£2.00
	Canned Drink	£1.00
-	Fruit Shoot	£1.00
71/	Bottled Water	£1.00
•	Woody's Warren, Park Lane Centre	
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01952 683 718

# Woodys Warren Playbarn



# Open Monday - Friday 9am - 2pm

£1.50 per child



# **SMILEWORKS DENTAL PRACTICE**

Here at the Smile Works, our vision is to care for you, looking after you and your smile. Our dental objectives are to treat our patients with respect and communicate patient options. We take out time to understand what your expectations are for your smile, inform you of oral health, then create a treatment plan tailored just for your needs

### OTHER PEOPLES DATA LTD

How safe is your customer information? Other Peoples Data will scan your documents to the cloud securely.

- GDPR Policy
- SAR management System
- Privacy Notice and ISO 9001

### **WOODENTOPS DAY NURSERY**

We cater for children from 3 months to 5 years; we value all children and aim to provide a safe welcoming, happy and enjoyable atmosphere whilst providing the opportunity for all children to discover the excitement of learning and having fun. We also have pre-school rooms to cater for our young learners to prepare for school life.

# **WOODSIDE PHARMACY**

At Woodside Pharmacy we have friendly, helpful staff and you can be assured of an excellent level of service. Our premises present a bright, modern look and we have a section allocated to health information to keep you informed of all the current health campaigns. Our consultation room is available for any private matters that you wish to discuss.

### A BETTER TOMORROW

A residential recovery project that provides support housing to adults who are in recovery from drug and alcohol addiction. We aim to provide clients with skills needed for everyday living, providing practical ongoing support in the community.



### **BETHPHAGE**

Our vision is of a society where people with disabilities have the same opportunities to develop an use their talents as all others. We support people who live in their own home, a home they share, small residential registered care homes or living with other family members. Bethpage supports people to make the most of their skills by helping them to find work or go to college and enjoy their hobbies and interests.

# **CHALLENGING PERCEPTIONS**

We aim to empower young adults to explore and address mental health issues and well-being. To do so, we will enable members of our communities to improve their lives by coming together and supporting each other to grow in confidence and engage in opportunities. We help to reduce stigma and discrimination by providing information, advice and support and promoting understanding and awareness of metal health issues that young people face.



# Sensory Room







# **PAMPER PALACE**

Luxury Children's pamper spa room for any prince or princess to enjoy a variety of treatments including foot spa, hair styling, nail polish and much more ......

Also available for small parties

# **SA MUSIC**

SA Music offers piano, keyboard and theory lessons from the age of 5, from beginner to advanced. Stacie has been teaching for over 15 years and has a wealth of experience in teaching both privately and in schools.

SA Music provides lessons covering all elements of piano/keyboard including sight reading, aural exercises, and music theory. We pride ourself on providing lessons at the highest quality. We only offer teaching at the highest standard, achieving **100% pass** rate for piano and keyboard exams through London College of Music examination board.

If you would like more information then please get in touch. I can not wait to welcome you on board!

# **BEAUTY BOUND AESTHETICS**

Fully qualified and insured beauty services including piercings, fat dissolving, anti wrinkle injections and fillers.

beautybound@outlook.com

07872064483

# **CONTACT US**

Telephone: 01952 683 700

Email: reception@parklanecentre.co.uk

Find us on Facebook and Twitter