



# What's On?

## West Moor Community Centre



| Community Group | Time                                    | Class                             | Booking   | Room                         |
|-----------------|---|-----------------------------------|---|------------------------------|
| Friday          | 9.30am-10.45am<br><b>9.30am-11.30am</b> | Little Ballers<br><b>Toddlers</b> | Book via Jill - 07769 934 523<br><b>No booking required</b> | Main Hall<br><b>Toddlers</b> |
|                 | 9.30am-10.30am                          | Yoga with Kerry                   | Book via Kerryogi.com or 07985 339 459                      | Double Room                  |
|                 | <b>11am-12noon</b>                      | <b>Gentle Circuits</b>            | <b>No booking required</b>                                  | <b>Main Hall</b>             |
|                 | 11am-1pm                                | Killingworth Art Group            | Book via Margaret - 07877 999 237                           | Double Room                  |
|                 | <b>12.30pm-3pm</b>                      | <b>Cardiac Rehab</b>              | <b>Invited by NHS / GP Surgery</b>                          | <b>Main Hall</b>             |
|                 | 1.30pm-2.30pm                           | Clear Mind Meditation             | Book via Craig - 07528 870 996                              | Double Room                  |
|                 | <b>3pm-5pm</b>                          | <b>Carpet Bowls</b>               | <b>No booking required</b>                                  | <b>Main Hall</b>             |
|                 | <b>5pm-6pm</b>                          | <b>Walking Netball</b>            | <b>Contact the Centre</b>                                   | <b>Main Hall</b>             |
| 6pm-7pm         | Pilates with AMY                        | Book via Amy Pape on Facebook     | Toddlers  |                              |
|                 | <b>4pm-7pm</b>                          | <b>Youth Club</b>                 | <b>No booking required</b>                                  | <b>Double Room</b>           |
| Saturday        | 9am-10am                                | Boogie Bounce                     | Book via Leanne Sales - 07732 654 919                       | Main Hall                    |
|                 | 9am-12noon                              | Mini Athletics                    | Book via 07947 188 995                                      | Double Room                  |
|                 | 9.30am-11.30am                          | Tappy Toes                        | Book via Carly Griffiths - carly@tappytoes.com              | Toddlers                     |
| Sunday          | 9.15am-10.15am                          | Yoga with Kerry                   | Book via Kerryogi.com or 07985 339 459                      | Main Hall                    |
|                 | 10am-4pm                                | Sewn On The Tyne                  | Book via Tamlyn - sewnonthetyne@gmail.com                   | Double Room                  |

## Weekly Programme January / February 2026



### ROOMS AND FOOTBALL PITCHES AVAILABLE TO HIRE

Pitch hire (MUGA) from £30 per hour  
 Room hire for parties start from £80 for 3 hours  
 Prices for day hire of rooms available on request

### FIND US ON

WEBSITE



www.westmoor.org.uk  
 FACEBOOK ... Westmoor Community Centre  
 INSTAGRAM ... @westcc  
 TELEPHONE ... 0191 216 1005

FACEBOOK



Charity Number - 1163694

| Community Group | Time   | Class   | Booking   | Room   |
|-----------------|--|---|---|--|
| Monday          | <p>9.15am-10.15am<br/>9.30am-11.15am<br/>9.30am-12.30pm<br/>10.15am-11.45am<br/>12noon-1pm<br/>1pm-3pm<br/>1pm-2pm<br/>1.30pm-3.30pm<br/>1.30pm-3.30pm<br/>2pm-3pm<br/>3.30-7pm<br/>5.45pm-6.45pm<br/>6pm-7pm<br/>7pm-10pm<br/>7.15pm-8.15pm<br/>7.30pm-8.30pm</p> | <p>Zumba Gold<br/>Toddlers<br/>Tappy Toes<br/>Carpet Bowls<br/>Lunch Club<br/>Killy Crafters<br/>Tai Chi<br/>Ladies Group<br/>Movie Group<br/>Yoga<br/>Jill Taylor Dance<br/>Boogie Bounce<br/>Pilates with Stef<br/>TLHC Ladies Choir<br/>Clear Mind Meditation<br/>Yoga with Stef</p>       | <p>No booking required<br/>No booking required<br/>Book via Carly Griffiths - carly@tappytoes.com<br/>No booking required<br/>No booking required<br/>Held monthly<br/>No booking required<br/>Held alternative Monday's<br/>Held alternative Monday's<br/>No booking required<br/>Term Time - book via jillerrington.co.uk<br/>Book via Leanne Sales - 07732 654 919<br/>Book via Stef - 07833 940 501<br/>Book via june53637@gmail.com<br/>Book via Craig - 07528 870 966<br/>Book via Stef - 07833 940 501</p>   | <p>Main Hall<br/>Toddlers<br/>Double Room<br/>Main Hall<br/>Main Hall<br/>Toddlers<br/>Main Hall<br/>Double Room<br/>Double Room<br/>Toddlers<br/>Toddlers / Main Hall<br/>Main Hall<br/>Toddlers<br/>Main Hall<br/>Double Room<br/>Toddlers</p> |
| Tuesday         | <p>9.30am-1pm<br/>9.30am-11.30am<br/>12.30pm-1.30pm<br/>1pm-3pm<br/>1.30pm-3.30pm<br/>2pm-4pm<br/>6.45pm-9pm<br/>5.30pm-8pm<br/>7pm-9pm</p>  | <p>Baby Bloom<br/>Toddlers<br/>GP Referral<br/>Sue &amp; Elaine Sequence Dancing<br/>Craft Club<br/>Bingo<br/>Scouts<br/>Flawless Dance<br/>WI - Westmoor Rockets</p>   | <p>Book via Baby Bloom - jennifer@babybloomwellbeing.co.uk / 07917 838 505<br/>No booking required<br/>Invite via NHS / GP Surgery<br/>Contact the Centre<br/>No booking required<br/>Held on 1<sup>st</sup> Tuesday of each month<br/>Contact 2ndwestmoor@gmail.com or joinwestmoor scouts@gmail.com<br/>Book via Latoya Gibb, Flawless Dance - latoyaa-ox@hotmail.com / 07984 022 304<br/>Contact westmoorrockets@hotmail.com - Held once a month</p>   | <p>Double Room<br/>Toddlers<br/>Main Hall<br/>Main Hall<br/>Double Room<br/>Double Room<br/>Double Room<br/>Main Hall<br/>Toddlers</p>   |
| Wednesday       | <p>9.30am-10.30am<br/>10am-12noon<br/>10.45am-11.45am<br/>11.45am-12.30pm<br/>11am-12noon<br/>12.30pm-4pm<br/>1pm-4pm<br/>2pm-3pm<br/>4pm-6.15pm<br/>6pm-7.30pm<br/>6.30pm-7.30pm<br/>7pm-9pm<br/>7pm-9pm<br/>7.45pm-8.45pm</p>                                    | <p>Pilates with Stef<br/>Art Group<br/>Active Mams<br/>Mini Movers<br/>Chair Yoga<br/>Cardiac Rehab<br/>Sewical<br/>Living Well With Cancer Pilates<br/>Simply Dance Academy<br/>Pigment and Paper Art<br/>Boogie Bounce<br/>Camera Club<br/>Community Choir<br/>Line Dancing with Stacey</p> | <p>Book via Stef - 07833 940 501<br/>No booking required<br/>FREE - Just Turn Up - Active North Tyneside<br/>FREE - Just Turn Up - Active North Tyneside<br/>Book via Kerryogi.com or 07985 339 459<br/>Invited by NHS / GP Surgery<br/>Alternate Tuesday - Book via Tamlyn - sewnonthetyne@gmail.com<br/>Book via Stef - 07833 940 501<br/>Book via Simply Dance - simplydanceacademy@gmail.com / 07498 499 095<br/>Book via info@wiktoriaanne.art<br/>Book via Leanne Sales - 07732 654 919<br/>Alternate Wednesdays - contact the Centre or westmoorphotographygroup.co.uk<br/>Alternate Wednesdays - contact the Centre<br/>Book via Stacey - 07468 535 096</p> | <p>Double Room<br/>Toddlers<br/>Main Hall<br/>Main Hall<br/>Double Room<br/>Toddlers / Main Hall<br/>Double Room<br/>Toddlers<br/>Double Room / Main Hall<br/>Toddlers<br/>Main Hall<br/>Double Room<br/>Double Room<br/>Main Hall</p>           |
| Thursday        | <p>10am-12noon<br/>10am-12noon<br/>10.15am-11am<br/>11.30am-12.30pm<br/>2pm-4pm<br/>5.30pm-9pm<br/>6.30pm-7.30pm<br/>6.15pm-9.15pm<br/>7pm-9pm</p>   | <p>Coffee Morning<br/>Stitches<br/>Zumba Gold<br/>GP Referral<br/>Mens Group<br/>Flawless Dance<br/>Pilates with Rachel<br/>Sewn On The Tyne<br/>Sign Language Classes</p>  | <p>No booking required<br/>Contact the Centre<br/>No booking required<br/>Invite via NHS / GP Surgery<br/>No booking required<br/>Book via Latoya Gibb, Flawless Dance - latoyaa-ox@hotmail.com / 07984 022 304<br/>Book via Rachel thewellhousetherapy@gmail.com<br/>Held monthly - Book via Tamlyn - sewnonthetyne@gmail.com<br/>No booking required - Held Monthly - Must have basic level sign language</p>   | <p>Double Room<br/>Toddlers<br/>Main Hall<br/>Main Hall<br/>Double Room<br/>Main Hall<br/>Double Room<br/>Double Room<br/>Toddlers</p>   |