

What's on

Environment day here at the Oasis. The day will include a variety of different events, from reptiles to recycling advice. It's a chance to find out information on Saving money and helping the planet. There will be lots of activities for kids and adults alike.	Free entry! Saturday the 17th May starting at 10am to 3pm
Breaking through the Barriers AGM.....	Tuesday 10th June 11am
Learning Champion training.....	Tuesday 17th June
Table Top Sale.....	Saturday 12 July 10am
Health Event	Free Entry Wednesday 18th June
Wisbech Community Development Trust Charity AGM.....	Wednesday 12 November 2008 3pm
Talent contest for everyone to join come down for an application form The event will be judged by a panel and prizes will be given to the best acts.	Friday 29th August

Regular activities

Tai-Chi.....	Monday 8pm to 9pm
Health visitors baby clinic, baby weighing & advice.....(drop in session).....	Every Monday 1.00pm – 3.00pm
Oasis Play (for babies & toddlers) singing & nursery rhymes..(drop in session).....	Tuesday. 1.30pm – 2.30pm
Bowthorpe group computer course for everyone.....	Tuesday. 1.00pm – 3.00pm
Thursday club (group for older local people to meet).....(drop in session).....	Thursday 1.45pm – 4.45pm
P.C.T. Post-natal group.....(drop in session)..... meetings	(alternate Thursdays) 10.00am – 11.30am
Libraries & Community Learning...(ring to book)..... Centres	Monday 12.30 pm – 5.00pm
Investing in Communities.....(ring to book)..... English - (weds.) Maths - (fri.)	Wednesday & Friday 9.30 am – 11.30
Multiple Sclerosis group.....(drop in session)..... drop-in for patients & carers	First Friday of the month (10.00am – 2.00pm)
Yoga.....(drop in session).....	Mondays 2pm 3.30pm
Baby Book Club.....	Thursday 1.30pm - 2.30pm
Youth Club.....	Tuesday 7pm to 9pm
Bingo(drop in session).....	Every 2nd Friday of the Month 1.45pm
Oasis Cinema(need to book).....	Private bookings, ring for details
Indoor Kurling & Bowling	Every 4th Friday of the Month 1.45pm
Internet Cafe(need to book).....	Ring now to book a place

Check online for the latest events or ring us on 01945 461526
Rooms available at great prices contact us for a price list.

www.theoasiscentre.co.uk

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Free please take one



Oasis Wisbech News

No:9

Oasis Health Day

We are holding a Well Being Fun Day on Wednesday 18th of June here at the Oasis Centre, from 2.30pm until 7.30pm. This is open to everyone who would like to find out more information and advice around health issues and concerns. There will plenty to do at this event for all ages even the young people in your family as most stands will have some sort of practical activity for you to have a go at.

Mums about Food will be on hand to give you tips and ideas of how to feed your children on a tight budget.

Cambridgeshire Community Services (formerly the PCT) will be present to do a few simply checks like blood sugar and blood pressure testing.

Fenland District Council are providing some exercise taster sessions which will cover all ages and abilities.

It is not just exercise and diet which keeps you fit and healthy, it is also about keeping active and your mind alert.

Are you concerned about your health?

Would you like to know more about improving your diet on a budget?

How to get your kids to enjoy Healthy food?

There will be lots of different organisations there to give you advice and the event is free!

Refreshments will be available.

In Association with



Cambridgeshire Community Services



www.theoasiscentre.co.uk
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the oasis centre is a registered charity