



THE JETHRO CENTRE
Flush Place, Lurgan
Co. Armagh, BT66 7DT

Main Reception
Phone: 028 3832 5673
Fax: 028 3834 2379

E-mail: reception@jethrocentro.org



Weekly programme listings

Monday

TODDLER TIME - 10:00am -12:00 noon - Fun/Friendship Tel: (028)3832 7555, Age: 0-4, Contact: Joy Stevenson
LITTLE TIGER CUBS - 5:00-6:00pm Tel:078 9119 1494, Age: 3-5, Contact: Leo Maguire
ART CLASS - 2:00-4:00pm Tel: (028) 3754 9959, Age: Adults, Contact: Bob Toner
TAEKWON-DO SCHOOL - 6:00-8:00pm Tel: 078 9119 1494, Age: 5-Adult, Contact: Leo Maguire
SLIMMING WORLD - 5:30-7:30pm & 7:30-9:30pm (Cafe Rhema) Tel: 077 3410 9970, Age: All, Contact: Tracey
LURGAN MUSICAL SOCIETY - 7:30-9:30pm TEL: 028 38326770, Age: All, Contact: Michelle Harte
CROCHET CLASS - 7:30-9:30pm (Every 2nd Monday)Tel: (028) 3832 7602, 8-Adult, Contact: Shirley Dew
FRIENDSHIP CENTRE - 2:30-4:00pm Tel: (028) 3832 7672, Age: Adults, Contact: Trevor Sloan
FRIENDSHIP BOWLS - 2:30-4:00pm Tel: (028) 3832 7672, Age: Adults, Contact: Trevor Sloan
ALZHEIMERS SOCIETY - First Monday in Month 12:00 - 3:00pm
web: www.alzheimers.org.uk, Age: Adults, Contact: Carole Murray
LURGAN SOROPTOMISTS - 2nd and 4th Monday in month. 8.00pm to 10.00pm Tel: (028) 3832 2820
web: www.soroptimist.org, Adult women, Contact: Muriel Clarke
PARKINSONS UK - 3rd Monday in month. 12:00 - 2.00pm Tel: (028) 3833 1780
web: <http://www.parkinsons.org.uk/>, Age: Adults, Contact: Madge McSorley
DOWNS & PROUD - 3rd Monday in month. 8:00 - 9:00 pm Tel: 078 4184 7346
web: www.downsandproud.com/, Parent Group, Contact: Aine Beattie

Tuesday

DOG TRAINING (ADVANCED LEVEL) - 9:00-10:00pm Tel: (028) 9265 1107, Contact: Margaret Agnew
CEDARS CARD MAKING - 9:30-11:00am Tel: (028) 38325673, Age: Adults, Contact: Isabel Kerr
STRETCH & RELAX - 10:00-11:00am & 11:00-12:00 noon Tel: (028) 3832 8646, Age: Adults, Contact: Jean Murray
CEDARS CHOIR - 11:00-12:00 noon Tel: (028) 3832 3986, Age: Adults, Contact: Joan Fulton
FLOWER ARRANGING - 11:00-1:00pm Tel: (028) 38344543, Age: Adults, Contact: Jim Cunningham
CEDARS BIBLE STUDY - 2:00-3:00pm Tel: (028) 3832 1606, Age: Adults, Contact: John Moore
SPEECH & DRAMA - 2:30-7:30pm Tel:078 7068 2819, Age: 4-11, Contact: Shelley Lowry
MINI SOCCER (2-5 YRS) - 5:00-5:45pm Tel: 077 4012 0788, Age: 2-5, Contact: Tim Wareing
MINI SOCCER (5-11 YRS) - 5:45-6:45pm Tel: 077 4012 0788, Age: 5-11, Contact: Tim Wareing
EAT TO SUCCEED - 6:00-8:00pm Tel: 078 8447 2972, Age: All, Contact: Yvonne
AEROBICS - 7:00-8:00pm Tel: (028) 3832 5597, Age: All, Contact: Alison Campbell
SMALL MOVES PILATES - 7:00-8:00pm Tel: 078 1793 4727, Age: Adults, Contact: Sue Small

WAG & BONE (BEGINNERS) - 8:00-9:00pm and 9:00 to 10:00pm - Beginners Dog Training Tel: (028) 9265 1107,
Contact: Margaret Agnew

PROBUS - 2nd & 4th Tuesday in month. Tel: (028) 3832 8222

web: www.probus.org.uk/, Adult men, Contact: Sammy Malcolm

Wednesday

CEDARS BADMINTON - 10:00-12:00 noon Tel: (028) 3832 5538, Age: Adults, Contact: Norma Lynch

BABY SIGNING - 10:00-11:00am Tel: (028) 9448 5075, Age: 0-2, Contact: Lisa Connelly

COMPUTER COURSES - 10:00-3:00pm Tel: 075 1625 5653, Age: Adults, Contact: Nuala McIntyre

TAI-CHI CLASSES - 10:30-11:30am Tel: 075 1620 4967, Age: Adults, Contact: Terry O'Donnell

BALLET SCHOOL & MODERN DANCE - 2:45-6:45pm Tel: 075 1036 7709, Age: 3-16, Contact: Lynsey Allen

MINI GYMMIES - 3:30-6:30pm Tel: (028) 3832 1095, Age: 5-11, Contact: Miriam McAtackney

YOUTH DRAMA THEATRE - 7:00-9:00pm Tel: 078 7068 2819, Age: 11-18, Contact: Shelley Lowry

KETTLEBELL CLASSES - 7.00 - 8.00pm Tel: 07833 465612, Age: Adults, Contact: Agnes Wells

SPINA BIFIDA HYDROCEPHALUS - 2nd Wednesday in month. 10:30am - 12:30pm Tel: 078 8961 6420

web: www.shinecharity.org.uk/, Parent Group, Contact: Maire McConnell

SMALL MOVE PILATES - 7:00-8:00pm Tel: 078 1793 4727, Age: Adults, Contact: Sue Small

Thursday

CEDARS WALKING CLUB - 10.00 am - Finish. Tel: (028) 3832 7909

web: www.craigavonhistoricalsociety.org.uk/cedars, Age: Adults, Contact: Gordon Lunn

JO JINGLES - 10:00-2:00pm Tel: 077 0361 2280

web: <http://www.jojingles.com>, Age: 3 mths- 5 yrs, Contact: Jennifer

BADMINTON CLUB - 8:00-10:00pm Tel: (028) 3832 2710, Age: All, Contact: Ian Farr

NORTHERN IRELAND CHEST HEART AND STROKE - Last Thursday in month. 2:00 - 4.00pm Tel: (028) 3832 3929

web: <http://www.nichsa.com/>, Age: Adults, Contact: Sinead McCormack

DEAF AND FRIENDLY CLUB - 8:00 - 10:00 pm portadowndeafclub@hotmail.co.uk, All, Contact: William Dewart

KETTLEBELL CLASSES - 7.00 - 8.00pm Tel : 07833 465612, Agnes Wells

Friday

TODDLER TIME - 10:00-12:00 - Fun/Friendship Tel: (028) 3832 7555, Age: 0-4, Contact: Joy Stevenson

CEDARS CARD MAKING - 10:00-11:30am Tel: (028) 3832 5673, Age: Adults, Contact: Isabel Kerr

COMPUTER COURSES - 10:00-12:00 noon, Age: Adults, Contact: Nuala McIntyre

RUGBY TOTS - 3:30-5:00pm Tel: 084 5313 3245 web: www.rugbytots.co.uk, Age: 2-7, Contact: Just McIlravia

BALLET SCHOOL & MODERN DANCE - 3:45-5:45pm, Age: 3-16, Contact: Lynsey Allen

Saturday

BALLET SCHOOL & MODERN DANCE - 10:00-3:30pm, Age: 3-16, Contact: Lynsey Allen

JEWELLERY CLASS - 10:00-12:00 noon (Every 2nd Saturday), Age: 8-Adult, Contact: Shirley Dew

YOUTH CLUB - 7:30-9:30pm, Age: 11-18, Contact: David Duke

HEARTBEAT - 1st Saturday in month. 2:00 - 4:00pm Tel: (028) 9265 1086

web: www.heartbeatuk.co.uk/, Parent Group, Contact: Mary Gowdy

Sunday

Special Courses

KIDZPATCH CHILDCARE - 7:30am-6:00pm (Monday to Friday), Age: 3-11, Contact: Linda Carson

CAFE RHEMA - 9:00am-5:00pm MON,TUE

9.00am-7.00pm WED

9.00am-9.00pm THUR,FRI

9.00am-4.00pm SAT

12.00noon-3pm SUN, Age: All, Contact: Cathy Currie