

What's On at Eden Rural Foyer

erf

Day	Time	What's On	Charge
Monday 	9am - 4.30pm	Public use of the Internet Café <i>Our Café has 2 modern laptops available for browsing the net or you can bring your own IT equipment and connect to our free guest Wi-Fi</i>	Free of Charge
Tuesday  	10am – 5pm 9am - 4.30pm 6pm – 7pm	Café / Sweet Bakery by Aga <i>selling hot/cold refreshments, home - made cakes and desserts</i> YOUTH HUB <i>delivered by Inspira / DWP and other local young people service providers</i> ZUMBA FITNESS <i>with Emilia</i>	Various prices £6.00
Wednesday 	10am – 1pm 9am – 3pm 9am - 4pm	1-2-1 IT Class for Beginners - by appt. only Lloyds / Halifax Community Banking - Drop Ins Public use of the Internet Café	Free of Charge Free of Charge
Thursday 	10am -5pm 3.30pm – 5.30pm 9am - 4pm	Café / Sweet Bakery by Aga  Youth Club - ages 11-19 Activities/Games <i>(Under 12's to be accompanied by an adult)</i> Public use of the Internet Café 	Various prices Free of Charge
Friday	10am – 5pm 9am - 4.30pm	Café / Sweet Bakery by Aga Public use of the Internet Café	Various prices Free of Charge
Saturday Sunday		CLOSED	

Wishing Well based at Eden Rural Foyer now !— An alternative Gym where you can experience the joy of exercise at your own pace. No matter your age and physical abilities, we'll help you to improve your health & fitness, lose weight, reduce aches and pains, and feel great.

✉ info@wishingwellfitness.co.uk

☎ 07523121694

Computer Use

£0.50 per 30 mins

Printing / Photocopying per sheet

£0.20 black & white / £0.30 colour

Wi-Fi with own device

Free of Charge



Eden Rural Foyer, Old London Road, Penrith, CA118ET



01768 861 650



[Eden Rural Foyer Hub](#)



erfbookings@riverside.org.uk



www.riverside.org.uk