



## ***FRow Friends in the Afternoon***



**September 2019**

Meeting every 1<sup>st</sup> and 3<sup>rd</sup> Thursday of each month in the  
Community Centre from 2.30-4.00pm

Open to all and new members are always welcome.

Cost is £2.00 per session for tea and cake unless stated.

### **5<sup>th</sup>: Trip to Pots & Pithoi in Turners Hill**

Join us for a walk around this unique shop and tea room where we will be having tea and cake. Meet at the Community Centre at 2pm. Please bring money to pay for your own drink and cake.



### **19<sup>th</sup>: Gentle Ballet for Seniors.**

**Back by popular demand**

Ballet exercises encourage our posture to lengthen out our muscles to remain strong and improves our balance to enable us to move with ease and grace.

**Starting at 2pm** with qualified teacher Katie. Don't forget your tutu.

### **New for September:**

We would like to resume Wednesday Club lunches for those of you that miss this monthly social with friends. There won't be an activity, but a table will be reserved for anyone that wants to meet and have lunch in Gages on the 4<sup>th</sup> Wednesday of the month. For more information please call and ask.

Call Sandra Aylen in the Parish Council Office on 01342 822661 or visit the website for more information.

