



FRow Friends in the Afternoon



August 2019

Meeting every 1st and 3rd 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.

1st. New Age Kurling with Jo Keel

An indoor version of Curling with no ice in sight. A sport for all ages and abilities. Come along for a fun afternoon.



Friday 16th. Annual Summer Lunch in Gages at the Community Centre

Come and join us for lunch at Gages from 12pm.

Cost is £9.00 per person



Call Sandra Aylen in the Parish Council Office on 01342 822661 or visit forestrow.gov.uk/Thursday – Club for more details.