



Dates for the Diary

October 2024

Monday's - 10-11am - **Salsacise/KeepFit** - WI Hall. Every day may not be good but find something good in every day. Laugh, love and keep moving. No booking needed. All welcome. Small charge. Contact Laura 790901.

Wednesday's - 10-12pm - **Rendezvous** - WI Hall. A great way for residents to catch up with friends and neighbours over coffee every Wednesday morning.

Wednesday's - 5.45-6.45pm – **Dancercise** - WI Hall. One hour of dance and exercise to great music videos from the 60s to the Noughties. There is a small charge to cover the hire of the hall. For more details call Helen 791849.

Wednesday's - 7.30-8.30pm - **Yoga** - WI Hall. No class on Wednesday, 30th October (half term break). All welcome. Contact Becci 07939 632518 or sageearthyyoga@gmail.com

Thursday's - 2.30-3.30pm - **Chair Yoga** - WI Hall. Contact Jules Buchanan 0758 4034708.

Tuesday, 1st October - 6-7pm - **Sound Bath Experience** - WI Hall. Relax, Reduce Stress & Increase positivity. Led by Rachel Summerson - £15. Contact 07703 330 662 or Rachel.holistichealth@gmail.com

Wednesday, 2nd October (every fortnightly thereafter) - 2-4pm - **Indoor Bowls** - WI Hall. All are welcome.

Tuesday, 8th October - 2.30-4.30pm - **Crafternoon** - WI Hall. Bring along your knitting, sewing, crafting etc. £3.

Tuesday, 8th October - 7.30pm - **Film Night** - WI Hall. This month we are showing the 70's classic, American Graffiti released in 1973. 'This coming-of-age story is a funny, nostalgic and bittersweet look at a group of recent high school graduates on their last day of summer 1962 before college'. Directed by George Lucas it has a great soundtrack of original songs from the 50s, 60s and 70s and the cast includes Harrison Ford; Richard Dreyfuss; Ron Howard and Cindy Williams. If you love to see classic cars and hear great hits of the era then this is for you!!

Saturday, 12th October - 8-11.30pm - WI Hall. **Dance to the Sounds of 'Shaken not Stirred'** tickets £15 including pie and peas supper. Drinks from the bar. Proceeds in aid of St John's Church Ulgham. Contact Pauline 07752 334 052 / 01670 790721 or email pmartin0553@gmail.com

Thursday, 17th October - 7-9pm - **CrafterSeven** - WI Hall. Bring along any project you're working on: knitting, crochet, sewing, painting etc. Refreshments will be served too! Small charge £3.

Saturday, 19th October - 10-12 noon **Macmillan Coffee Morning** - WI Hall. Admission £1, to include tea or coffee. In addition to the traditional cakes and bakes there will be a chocolate tombola, book lucky dip, a craft stall that includes a wide variety of hand made goods and much more. Please come along and support this wonderful cause.

Thursday, 31st October - 7pm - **Gardening Club** - WI Hall. Members are having their Autumn Bring and Share Supper. If any guests would like to join us, please ring Helen on 791849 for details.

St John's Church

We are planning to hold an event on the weekend of **Saturday, 30th November** and **Sunday, 1st December** (Advent Sunday). We are calling it '**A Festival of Angels**', a bit like the Christmas tree festival we held 2 years ago only it will be Angels. They can be made from any material, paper, card, knitted, carved, - you get the idea? If you would like to create a display please contact Pauline for more details, 01670 790721 / 07752 334 052 or email pmartin0553@gmail.com

Services will be: Every Sunday with 1st and 3rd Sunday's being **Holy Communion** at 11am. On the **6th October** there will be a '**Harvest**' service and any dried or tinned good received will be donated to Widdrington Food bank. At **4pm** there will be a Licensing service for Rev Julia Lacey.