



Dates for the Diary

March 2025

Monday - 10-11am - **Salsacise/KeepFit** - WI Hall. Everyone welcome. Wake up your body and find that happy glow. No need to book just come along and check us out. Small charge. See you there, 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 cost of the hall hire. For more details ring Helen 791849.

Wednesday's - 7.30-8.30pm - **Yoga** - WI Hall. Becci is taking a break from Yoga for the time being, thank you for your support.

Tuesday, 4th March - 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, 5th March - 2-4pm (every fortnightly thereafter) - **Indoor Bowls** - WI Hall. All are welcome.

Tuesday, 11th March - 2.30-4.30pm - **Crafternoon** - WI Hall. Calling all Crafters. Do you sew, knit, crochet, felt or craft in any form? We are a small and friendly group. We craft, chatter and have a cuppa and we sometimes share expertise. New members are always welcome to join us. Small charge of £3.

Tuesday, 11th March - 7.30pm - **Film Night** - WI Hall. We will be showing 'Hamstead' starring Diane Keaton, Brendon Gleeson, Lesley Manville and James Norton. 'When American widow Diane Keaton meets a man (Brendon Gleeson) living off grid on Hamstead Heath the two strike up an unexpected romance. Based on a true story it tells of one man's fight to save his home from property developers who want to build flats on the land.'

Monday, 17th March - 7pm - **Parish Council meeting** - WI Hall.

Thursday, 20th March - 7-9pm - **CrafterSeven** - WI Hall. Bring along any project you're working on: knitting, crochet, sewing, painting etc. New members are always welcome to join us. There is a small charge of £3 to cover the cost of the hall hire and refreshments.

Gardening Club. Anyone who is interested in coming to Gardening Club please get in touch with Helen 791849.

St John's Church

Services will be **every Sunday** with 1st and 3rd Sunday's being **Holy Communion** at 11am.

Wednesday, 5th March Service for **Ash Wednesday** at 7 pm.

Tuesday, 18th March and **25th March** Lent course 2 pm in the Community Centre at Widdrington Station.

Sunday, 30th March Joint service with Holy Trinity and St Bartholomew.

For information on 'Regular Meetings at the WI Hall' refer to the Ulgham Village website <https://ulgham.org/ulgham-wi>