



# Dates for the Diary

## May 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. On Wednesday, **7th May** there will be a special event to mark National Remembrance Day, VE/VJ 80th Anniversary and will feature traditional fare and a toast to remembering. It would be special if parishioners could share artifacts, photos, stories to bring those memories to the fore.

**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.

**Monday, 5th May - National Remembrance Day** for the VE/VJ 80th Anniversary.

**Tuesday, 6th May** - 6-7pm - **Sound Bath Experience** - WI Hall. Relax, Reduce Stress & Increase positivity. Led by Rachel Summerson - £18. Contact 07703 330 662 or [Rachel.holistichealth@gmail.com](mailto:Rachel.holistichealth@gmail.com)

**Tuesday, 13th May** - 2.30-4.30pm - **Crafternoon** - WI Hall. Do you sew, knit, crochet, felt or craft? We craft, chatter and have a cuppa and we sometimes share expertise. New members are always welcome. Small charge of £3.

**Tuesday, 13th May** - 7.30pm - **Film Night** - WI Hall. We will be showing 'Edie' starring Sheila Hancock, Paul Brannigan, and Rachel Keiller. 'It tells the story of Edie who in her eighties feels her life is falling apart after the death of her husband. In order to take control again she embarks on a climbing trip alone in the Scottish Highlands'.

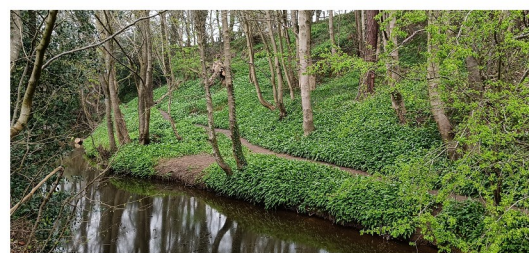
**Thursday, 15th May** - 7-9pm - **CrafterSeven** - WI Hall. Bring your own craft and enjoy the company of fellow crafters. New crafters are always welcome. There is a small charge of £3 to cover the cost of the hall hire and refreshments.

**Saturday, 17th May** - 10-12pm - **Coffee Morning** - WI Hall.

**Monday, 19th May** - 7pm - **Parish Council meeting** - WI Hall.

**Monday, 26th May** - 1pm - **Annual Duck Race** - Ulgham Grange Ford.

**Gardening Club.** Please ring Helen 791849 for the summer programme.



**St John's Church.**

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

There will be a service on Ascension Day, **Thursday, 29th May**, and details will be available nearer the time from the Vicar or Churchwarden, Pamela Lamb 790064.

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



Ulgham village together



[ulgham.org](https://ulgham.org)

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