

A photograph of a white rectangular sign with a blue border, mounted on a wooden plank wall. The sign reads 'ULGHAM WOMEN'S INSTITUTE' in blue capital letters.

# ULGHAM WOMEN'S INSTITUTE

The Women's Institute have a varied programme of speakers and demonstrations and a very friendly and welcoming group of ladies. So ladies, why not come along and give us a try.

Ulgham W.I. Hall is available for hire. A warm and welcoming venue with modern facilities and access for the disabled. Catering can be provided at very competitive prices. For further information please contact Pauline on Tel: 01670 790721

## Regular Meetings at the WI Hall

### MONDAY

Salsacise Keep Fit - Monday 10am. All welcome for dance and exercise. No need to book, small charge. Contact Laura for more details. Tel: 790901.

Womens Institute - Second Monday of the Month 7:30pm. A friendly and welcoming group of ladies. Contact Jan Reed for more details. Email: janreed.wi@gmail.com.

Ulgham Parish Council Meeting - Third Monday of the Month - 7pm. - All Welcome.

Knitting Group - Last Monday of the Month - 2:30 pm- 4:30pm. All Welcome. Knitting for charity. Contact Pauline for more details. Tel: 790721.

### TUESDAY

Crafternoon - Second Tuesday of the Month - 2pm - 4:30pm. All Welcome. Bring along any craft. Contact Jan Reed for more details. Email: janreed.wi@gmail.com.

Film Night - Second Tuesday of the month 7:30pm. Contact Helen for more details. Tel: 791849. More information will be available in the Monthly Newsletter.

Sound Bath Experience - please see monthly newsletter for specific dates and times.

### WEDNESDAY

Rendezvous - Every Wednesday morning 10am - 12pm. All most welcome for a coffee and chat.

Carpet Bowls - Every other Wednesday during winter - October to April - 2pm - 4pm. All Welcome. Contact John for more details. Tel: 07815595511.

Dancercise - Every Wednesday - 5:45 - 6:45pm - All Welcome, an hour of dance and exercise. There is a small charge to cover the cost of hall hire. Contact Helen for more details. Tel: 791849

### THURSDAY

Gardening Club - Last Thursday of the Month - 7:30pm - Contact Helen for more details. Tel: 791849.

CrafterSeven - Third Thursday the Month - 7-9pm. Bring along any craft. New members always welcome. A small charge of £3. Contact Jan Reed for more details. Email: janreed.wi@gmail.com.

Check monthly newsletter for possible yoga sessions.