



# Dates for the Diary

## August 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.

**Tuesday, 5th August** - 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, 12th August** - 2.30-4.30pm - **Crafternoon** - WI Hall. Calling all Crafters. The Craft groups meet twice a month in the WI Hall. These groups are open to any crafters, you do not need to be a WI member to join in. We have people who knit, crochet and sew as well as people who do felting and beading. We offer friendship and mutual support. Each session costs £3 to cover hall hire and refreshments. Why not join us?

**Tuesday, 12th August** – 7.00pm - **Film Night** – WI Hall. **PLEASE NOTE EARLIER START TIME**, Film is 2 hours and 30 mins long. This is the final part of our films linked to the 80th anniversary of the end of WW2 and **VJ Day** which is remembered on **Friday, 15th August**.

'Empire of the Sun' is the story of the war in the far east and the taking of Prisoners of War by the Japanese Army. 'Made in 1987 the film stars Christian Bale, John Malkovich, Ben Stiller, Miranda Richardson and Nigel Havers and tells the true story of Jim Ballard, an English boy separated from his parents in China as the Japanese Army invade Shanghai. Directed by Steven Spielberg and written by Tom Stoppard based on the semi-autobiographical novel by JG Ballard it has been acclaimed for its cinematography and score by John Williams.'

**Thursday, 21st August** - 7-9pm - **CrafterSeven** - WI Hall. We are a small, friendly group of crafters. Bring your own project and enjoy the company of fellow crafters. There is a small charge of £3 to cover refreshments and hall hire.

**Gardening Club Show, Saturday, 6th September**- Please let me know if you wish to enter but have either misplaced the list of produce sent out with the Newsletter in May/June or need any further clarification on entries. Please contact Helen 791849. Just to clarify, **you can only enter 1 item in each category within each section**.

**Preserves** are included in the **Creative Section** so if you have Jams, Chutneys, Pickled Veg or anything else that can be classed as Preserves please bring them along.

The WI Hall will be open from 1pm for produce and Judging will happen between 1.30-2.30 pm when results will be announced, prizes awarded and refreshments served. We aim to finish by about 4pm.

Each entry will be displayed on a plate provided by us and we will ask you to write your name on these when you arrive. Please let us know if you **do not wish** your cakes and scones to be served as refreshments and we will make sure that they are not included!! Everyone takes part in the judging so hope to see you on the 6th.

### St John's Church.

Services will be **every Sunday** with 1st and 3rd Sunday's being **Holy Communion** at 11am. On **Sunday, 24th August** there is a joint service at St Bartholomew's church in Cresswell at 10.30am.

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

### Keeping in touch



Ulgham village together



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

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