

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, 2nd September - 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

Saturday, 6th September - Gardening Club Show - WI Hall. WI Hall will be open from 1pm. Please get in touch with any queries Helen 791849.

Monday, 8th September - 7.30pm - **WI Meeting** - WI Hall. Lorna Watkinson will share the story of her pottery painting business - as seen on Robson Green's 'Weekend Escapes'.

Tuesday, 9th September - 2.30-4.30pm - **Crafternoon** - WI Hall. Calling all Crafters. This is a small, friendly group that include people who sew, crochet, knit, felt and much more. All crafters are welcome. There is a small charge of £3 to cover the cost of rent and refreshments.

Tuesday, 9th September - 7.30pm - **Film Night** - WI Hall. We are showing 'On Golden Pond' 1981 starring Henry Fonda, Katharine Hepburn and Jane Fonda. A cinema classic it was nominated for 10 Oscars and won 3 for Best Actor Best Actress and Best Adapted Screenplay. Set in New England it tells the story of a family struggling with relationships and the consequences of ageing.

Monday, 15th September - 7pm - Parish Council meeting - WI Hall.

Thursday, 18th September - 7-9pm - **CrafterSeven** - WI Hall. We are a small, friendly group of crafters. Bring your own project and enjoy the company of fellow crafters. Small charge of £3 to cover refreshments and hall hire.

Tuesday, 30th September - 7pm - **UVA meeting** - WI Hall. Everyone Welcome! The main business will be to discuss Firework Night on the 5th November.

Wednesday, 8th October (every fortnightly thereafter) - 2-4pm - Indoor Bowls - WI Hall. All are welcome.

Saturday, 18th October - 10-12pm - **Coffee Morning** in support of Marie Curie - WI Hall. Everyone is invited to join us. There will be a cakes and crafts on sale as well as a raffle. Please come along and help us support the Marie Curie charity in the wonderful work that they do. Thank you.

Saturday, 18th October - 7pm - **St John's Annual Quiz Night** - WI Hall. Tickets £6 including light buffet supper. Drinks from the Bar (cash only) and there will be a raffle surprise, surprise! Tickets from Pauline 01670 790721, 07752 334052, pmartin0553@gmail.com

St John's Church

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

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

Keeping in touch





