

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.

Saturday, 4th October - 7pm - St John's Church, Ulgham. **An evening of Baroque Music** by Drake Ensemble. Free Entry. Donations would be gratefully accepted. Come along and enjoy some music and light refreshment.

Tuesday, 7th October - 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

Wednesday, 8th & 15th October (every fortnight thereafter) - 2-4pm - Indoor Bowls - WI Hall. All are welcome.

Monday, 13th October - 7.30pm - WI meeting - WI Hall. Exploring ideas for Ulgham.

Tuesday, 14th October - 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, 14th October - 7pm - **Film Night** - WI Hall. We will be showing 'Young Winston' directed by Richard Attenborough. "Nominated in 1972 for 3 Oscars and winner of 3 Baftas, this complex family drama follows the early life of Winston Churchill. It stars Simon Ward; Robert Shaw; Anthony Hopkins; Anne Bancroft and a number of other eminent British Actors. It tells the story of Churchill's life from his birth into the rich, aristocratic, ancestry of the 19th Century, and then his careers as an Army Officer, Journalist and eventually to his entering parliament as Conservative MP for Oldham in 1900 at the age of 26." Further details from Helen 791849.

Thursday, 16th October - 7-9pm - **CrafterSeven** - WI Hall. There will be a taught class to make a felted owl. Prebooking essential for non-regulars. Contact janreedwi@gmail.com before Saturday, 4th October to secure a place.

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 790721, 07752 334052, pmartin0553@gmail.com

Monday, 20th October - 7pm - Parish Council meeting - WI Hall.

Gardening Club - WI Hall. Gardening Club Members are having their **Harvest Supper** in October and will be making Seasonal Decorations in November. New members always welcome, ring Helen 791849 for details any time.

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





