

**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. Please note, there will be no class on the 5th November. For more details ring Helen 791849.

**Tuesday, 4th November** - 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

Monday, 10th November - 7.30pm - WI meeting - WI Hall.

**Tuesday, 11th November** - 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, 11th November** - 7pm - **Film Night** - WI Hall. We are showing 'Fried Green Tomatoes At The Whistle Stop Cafe' released in 1991 it weaves together the past and the present through the friendship of two women. Set in Alabama it addresses themes of family, ageing and the effects of racism on both black and white people. It stars Kathy Bates and Jessica Tandy and was nominated for 12 Oscars and won 2. Further details from Helen 791849.

Wednesday, 12th & 26th November (every fortnight thereafter) - 2-4pm - Indoor Bowls - WI Hall. All are welcome.

Monday, 17th November - 7pm - Parish Council meeting - WI Hall.

**Thursday, 20th November** - 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 charge of £3 to cover refreshments and hall hire.

## St John's Church

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

**Sunday, 2nd November** - 5pm. **A service of Light and Hope**. This is a gentle service, without hymns, to remember the loved ones we have lost, at any time.

Sunday, 9th November - 10.30am. Remembrance Sunday service at Holy Trinity.

**Friday, 28th November** - 2pm. There is an **Advent course** about the Nativity in the URC Hall, Widdrington. It will take place for the following four weeks.

Sunday, 30th November - 11am. Advent Sunday, joint service held at St John's

**Saturday, 6th December** - 10-12pm & 2-4pm and **Sunday, 7th December** - 10-12pm - **Christmas Wreath Making** - WI Hall. Please contact Helen to book a place 791849. Cost for each session is £12.50 and includes refreshments.

**Sunday, 21st December -** 5pm. **Carol Service** at St John's Church.

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





