



## Special Events

<b>Champagne and Strawberries</b>	Sunday July 4 starting at 14:00	
<b>Gala Day</b>	Saturday July 10 starting at 14:00 til late	
<b>Garden Safari</b>	Sunday July 11 starting at 13:30 til 16:30	
<b>Mediterranean Cuisine Evening</b>	Thursday July 15 - Early sitting 19:20 to 20:50 - Late sitting 21:00 to 22:30	Tickets priced £12.50 available from Reception from mid June

Regular Meetings and Activities  Community Groups and Sports Clubs	Normally meet each month on the day(s) shown below  Changes/Cancellations could be due Bank Holidays or other factors such as the venue being unavailable	Time	Week Numbers				
			1	2	3	4	5
			Dates in each Week				
Bridge	First 4 Mondays and Occasionally the last	19:00	-	5	12	19	26
Coffee Mornings	First Thursday/Third Monday	10:30	1	-	-	-	-
Gardening Club	Fourth Monday	20:00	-	-	-	-	-
Ladies Club	Second Monday	20:00	-	-	12	-	-
Mah Jongg	Second/Last Thursday	13:00	-	8	-	-	29
Whist	Usually First or Second Saturday	19:30	-	-	-	24	-
39/45	Third Wednesday	19:30	-	-	-	21	-
Social — Plot Draw	Every Tuesday	20:30	-	6	13	20	27
Social — Quiz Night	Every Wednesday	20:30	-	7	14	21	28
Adult Swimming	Every Wednesday	20:00	-	7	14	21	28
Children's Swimming Lessons	Every Saturday	16:00	3	10	17	24	31
Exercise Classes - Body Balance	Every Monday	10:00	-	5	12	19	26
Exercise Classes - Circuit Training	Every Monday	18:00	-	5	12	19	26
Exercise Classes - Pilates Circuit	Every Thursday	10:00	1	8	15	22	29
Exercise Classes - Circuit Training	Every Thursday	19:00	1	8	15	22	29
Indoor Bowls	Every Tuesday	20:00	-	6	13	20	27
Ju Jitsu	Every Wednesday	19:00	-	7	14	21	28
Squash-Mens Team	Every Thursday ) <b>Winter</b>	19:00	-	-	-	-	-
Squash- Ladies Team	Every Monday ) <b>Only</b>	19:00	-	-	-	-	-
Squash-Junior Coaching	Every Sunday	16:45	-	4	11	18	25
Squash-Social	Second Tuesday in the Month	19:00	-	-	13	-	-
Table Tennis	Every Tuesday	18:00	-	6	13	20	27
Water Aerobics	Every Wednesday	11:00	-	7	14	21	28
Water-Aerobics	Every Thursday	20:00	1	8	15	22	29
Yoga	Every Tuesday <b>Term Time Only</b>	13:15	-	6	13	20	-