



Trustee News

Children's Play Area

Last year we completed phases 1 and 2 of a three phase project to improve the playground facilities for the benefit of residents and their families. This spring we would like to further canvas our residents with regard to phase 3.

The Trustees would appreciate, if you, the residents, could make suggestions as to how we may further enhance the play area. This may be through the provision of additional features for the children to enjoy, fencing of the area or provision of a tricycle track etc..... whatever you feel would be beneficial. Please drop your ideas in via e-mail to the Trustees, or letter at reception.

Gala Day and Party in the Park

The usual July Gala Day will not be staged this year due to lack of interest in helping from both residents and community groups.

However, all is not lost as arrangements are being developed for an alternative summer event, probably in June. Watch this space and notice boards in the Resident's Club for further information.

Improving the Entrances to Delamere Park

You will know that at two of the entrances to Delamere Park there are brick planting boxes with trees in them. The planting boxes are deteriorating and we will need to replace them in the near future.

It has been suggested that we could mark the entrances to the Park in a more distinctive way. This could be in the form of new planted areas, possibly with flowers or through the erection of sandstone blocks with the Delamere Park motif on them. The Trustees would welcome resident's views as to whether this would be a good idea and if so, what type of feature would be most appropriate. All ideas are welcome and if there is a consensus for improvement then we will share all ideas with residents and discuss the best solution.

Let the Estate Manager know your views by dropping in your suggestions at reception.

Lagoons Improvement

In late January over 30 residents who live alongside the Lagoons attended a meeting to discuss how best to improve the area. There was unanimous agreement that the lagoons should be maintained in their current form and fully improved. Many suggestions were made and plans are being drafted for further discussion with residents.

To help in this work, a further meeting, which will be based on a walk of the Lagoons area, will be held with residents. This is scheduled for Monday May 9 at 7pm. Further information will be sent out to residents in the Lagoons area nearer to the date.

Communications

Don't forget that you can request a copy of the minutes of the Trustee Board meetings from reception or ask for a copy electronically.

At the last Trustee Open Forum, three residents attended and raised various issues. This has helped the Trustees in their work and the Open Forums are a very useful way for the Trustees to find out what is important to residents and how we can continue to work together to improve Delamere Park.

Trustee News

Royal Wedding - Friday April 29

Children's Party 16:00 to 18:00 - Fancy dress optional

Jeannine Kolodziejski is organising a children's Royal Wedding party for children aged 3 years and over to be held on the green (weather permitting) or in the Park Room. Food and entertainment will be provided for the children. Cost will be £5 per child which includes a present. Parents of children who are interested in attending please leave your details with the reception staff **before April 22**. Due to a shortage of helpers, parents would be expected to stay and supervise their children. **ALL volunteers would be VERY welcome.**

Street Party on the Park

Although no formal Gala Day will take place for reasons stated previously, Residents are welcome to pitch their own gazebos and bring along picnics to celebrate this occasion.

Dogs

Despite a plea in nearly every issue of the Newsletter reminding owners to pick up their dogs mess it continues to be a serious problem.

Would owners please ensure that whoever walks their pet takes a bag with them so they are able to pick up and dispose of their dogs mess. Residents have pointed out that the problem is worse on the footpaths that run throughout the park and also on front gardens. Please remember this is a health hazard which could endanger young children. A reminder that it is an offence not to remove, immediately, any faeces deposited by your dog on amenity land. Failure to do so carries a maximum penalty of £1,000 and a subsequent criminal record if found guilty of the offence.

Long Acre Drains

Repeated blockages have occurred in Long acre due to residents flushing baby /facial wipes down the toilet. United Utilities have unblocked the drains and have advised that unless this is stopped the drains in the whole of Long Acre will be affected and could incur costs to residents.

ALL RESIDENTS ARE ADVISED NOT TO FLUSH BABY OR FACIAL WIPES DOWN THE TOILET.

General News

Concert Outings

We are organising another trip on Saturday June 4 to the Liverpool Philharmonic to hear music from the ballet. The pieces should all be well-known. At present, we still have some seats available. The coach leaves the Clubhouse at 6.00 p.m. prompt

Details from Paul or Maria (889728). Let us know also if you wish to be added to our list for information about future trips.

Coffee Mornings

Thanks to the Circuit Training Group and Ladies' Club for hosting the February and March Coffee Mornings. The following Groups have kindly agreed to host our next Coffee Mornings :

Thursday April 7 – Adult Swimming **Thursday May 5** – 39/45 Club **Thursday June 2** – Gardening Club

Do come and join us from 10.30 to 12.00 noon, either for a few minutes or for the whole session.

For further information, ring Maria on 889728.

Bartalk

Welcome to **Bartalk**, the latest bulletin of the Bar initiative, reporting on bar specific events and activities held to encourage more Residents and their guests to use the Bar and Lounge facilities in the Clubhouse.



Next Carvery is on Mothers Day! - Sunday April 3

The Sunday Carvery was initially held for a trial period only but it has proved to be very popular, with 108 Residents and their guests dining on February 20 and another 91 coming along to the Carvery on March 13. There has been overwhelming support for this to become a regular event, so we have now established a 'monthly' programme starting on Mothers Day April 3. From then the new Sunday Carvery Schedule will be:

April 3 (Mothers day)

May 8

June 5

The trial period also revealed the Carvery was more costly to deliver than first anticipated. This unfortunately has necessitated a small increase in price by 45p, which will apply to 1 or 2 courses & take effect from April 3.

1 Course	2 Courses	3 Courses
£7.95	£10.95	£12.95

Also as seating is limited, we recommend you make a table reservation at Reception. Bookings can only be taken for one Carvery at a time. Bookings will therefore be taken from 3:00pm on the Monday following the previous Carvery and we regret we cannot accept any bookings before then. Please see Reception for full details & a sample Menu.

Karaoke on St George's Day

Saturday April 23

It's time to get those vocal chords in training for our Karaoke Night in the Clubhouse Bar from 8:00pm. Thanks go to our very own Brian Leicester who will run the Karaoke Night (with maybe an outside chance of a Neil Diamond song). Also available 'on tap' just for the occasion & only while Casks last: **St George's Heritage Ale at 4.7% ABV.**

Royal Wedding Bar Hours

Friday April 29

The Bar & Lounge will be open from 10:00am on Friday April 29 and we will be screening the Royal Wedding in HD with the Ceremony commencing at 11:00am. The bar will remain open all day until 11:30pm.

Premier League Football with 3:00pm Kick Off screened in the Sports Bar

The Club has now installed a Sky Italia Digibox system, complete with a viewing card to receive the Sky Italia sports package including Sky Calcio. This system provides the opportunity to screen weekend Premier League Football matches with a 3:00pm kick off. We have been very pleased with the initial response with many Residents coming along to the Club to watch a game on a Saturday afternoon. Traditionally this has been one of the periods when Residents had not used the Sports Bar, so this is a much welcome change! Sky Italia only selects a number of Premier League games to screen on a Saturday afternoon at 3:00pm, so a full choice of fixtures is not available. As soon as we know which game will be screened, **it will be advertised on the Sports Bar Notice Board.** If there are no other major sporting conflicts, preference will be given to showing Manchester United, Liverpool, Manchester City and Everton games.

Bar Snacks at Weekends

We plan to be offering some Light Bar Snacks on Friday Evenings, Saturdays & Sundays starting from Friday April 1. Initially we intend to offer savoury hot pies but other possibilities are also under consideration. Look out for further details on the Clubhouse Notice Boards and in the Bar!

Bartalk - Please tell us what you think

Bartalk has been created to promote bar specific events and activities, with the sole purpose of encouraging more Residents & their guests to use the Bar and Lounge facilities in the Clubhouse. For this to be successful, we really need to know what you would like to see from **your** Club. **Please tell us what you think of the Bar & Lounge. We also welcome your opinions on the wine & ale we serve and if you have any other comments or suggestions, please let us know.**

Please send your feedback to our Facilities Manager, Alan Baskerville <alan@delamerepark.co.uk>

This is an abridged extract from **Bartalk**; copies of the current full issue of **Bartalk** complete with the televised sports schedules are available in the Bar and at Reception.

General News

Garden, Craft and Produce Show 2011

The 4th annual Delamere Park Garden, Craft & Produce Show will be held on Saturday September 10. We do hope that many residents will support the show and also encourage your non-resident families, especially children, to enter. As always, we think there is something for everyone so please take a look at the Schedule of Classes for 2011 shown below and start planning and preparing as soon as possible.

Vegetables & Fruit

To be displayed on a paper plate (supplied).

1. Runner Beans x 5
2. Courgettes x 3
3. Tomatoes x 5
4. Onions x 3
5. Dessert apples x 3 (can be mixed)
6. Cooking Apples x 3 (can be mixed)
7. Heaviest marrow
8. Longest runner bean (measured along profile)
9. Display of 5 pieces of mixed fruit &/or veg
10. Vase fresh herbs (min 3 types)
(arranged for appearance; listed)

Flowers/Plants

Cut flower vases provided.

11. 1 Foliage potplant.
12. 1 Flowering potplant
13. Cactus and/or Succulent in a pot
14. Vase 5 Dahlias
15. Vase 5 Roses
16. Vase Annuals (can be mixed)
17. Vase Herbaceous Perennials (can be mixed)
18. Single rose stem
19. Planted patio pot, summer flowering pot,
n/e 14"/36cm diameter (planted by exhibitor)

Floral Art

20. Fresh Flower Arrangement featuring glass
space n/e 46cmx46cm/18"x18"
21. Fresh Flower Arrangement to depict The Royal Wedding
space n/e 46cmx46cm/18"x18"
22. An arrangement of fresh foliage/ hips/berries
space n/e 46cmx46cm/18"x18"

Homecraft

23. 1 Jar Marmalade (approx. 1lb jar; cellophane top)
24. 1 Jar Jam (approx. 1lb jar; cellophane top)
25. 1 Mixed Fruit Loaf (2lb tin)
26. 1 Victoria Sandwich (3 eggs) jam filled, no topping
27. 1 Apple Pie, max 26cm/10" plate, undecorated
28. Men only! 1 [carrot] Cake

Handicraft/Hobbies

29. Greetings Card, n/e 6"x8" (15cmx20cm;no envelope)
30. Specimen of cross-stitch/embroidery/tapestry/beadwork
(can be from a kit, please state overall dimensions)

Handicraft/Hobbies (cont.)

31. 1 hand knitted item
32. Picture, watercolour (mounted or framed)
[please state overall dimensions on entry form]
33. Picture, any other medium [not photography]
(mounted or framed) [please state overall dimensions on entry form]
34. One Action photograph (n/e 6"x8"/15cmx20cm)
35. 1 Humorous photograph (n/e 6"x8"/15cmx20cm)
36. 1 photograph "In my garden" (n/e 6"x8"/15cmx20cm)
37. Black and White photo, any topic (n/e 6"x8"/15cm x 20cm)
38. Computer Enhanced Photo, any topic
(n/e 6"x8"/15cm x 20cm)
39. Any other item of craft

Note

- NO Computer Enhanced photos in Classes 34,35,36,37
- All photographs to be unmounted or unframed.
- Classes 34,35, 36,37,38 will be restricted to two (2) entries, per class, per exhibitor.

In Classes 29-39 inclusive, a special prize will be awarded to the best exhibit by person 16 and under in each class. Age to be stated on all such exhibits. (Age at date of show).

Junior Section

Age to be stated and MUST be child's own work.

3-5 years

40. A picture, any medium.
41. Three (3) Decorated Digestive Biscuits
42. Animal made from plant/vegetable material
43. Colouring official picture

6-9 Years

44. A picture, any medium
45. "Something I have grown"
46. Colouring official picture
47. Garden on a tray

10-13 Years

48. A picture, any medium
49. "Something I have grown"
50. Garden on a tray
51. Photo of sport action

Do you know someone who deserves a medal?

At this year's Cuddington and Sandiway Gala Day on June 11th there will be 2 awards offered for local residents who have achieved something special.

- * The Joan Handley Young Sports Personality of the Year trophy will be presented to a young person of 15 or under who has demonstrated commitment and skill in a chosen sport and achieved success/recognition in that sport.
- * The Allsop Trophy will be presented to an individual who has demonstrated outstanding commitment, support and delivery of a service to the community of Cuddington and Sandiway.

To nominate someone you need to fill in a nomination form and send it to the clerk to the parish council to arrive by May 24th. Forms can be obtained from the library or you can request one via rteditors@googlemail.com.

Community Groups

39/45 Club

Since the last News letter two of our members, Al Brooks and David Coxhead, have died. Our heartfelt sympathies go out to their widows Dorothy Brooks and Frances Coxhead. The men were largely responsible for arranging the erection of the gate on the corner of Cuddington Lane and Norley Road. Norley Church was well attended for their funeral services.

The pool competition was won by Tony Walsh. The annual dinner was held this year at Willington Hall. Some 50 members and guests attended. Our programme secretary, Ron Price, has arranged an interesting series of speakers for the coming year. It began in February with Mr Jennings, a musician giving an instrumental talk entitled "On the fiddle". In March we had a very interesting talk on Delamere - "The story of a Wooded Ridge".

In April the talk is entitled Peru and the Inca Trail. Also in April is our bowls visit to Prestatyn which takes place on Wednesday the 13th. May is our A.G.M. when Ron Price will take over from Stan Mendham as Chairman. We thank Stan for his term in office. In June Helen Green is giving a talk on "A Grand Tour".

For further information contact Paul Rogers at 3945@delamerepark.co.uk or call 889728.

Mah Jongg

Our small group meets on the 2nd and last Thursdays of each month. We would welcome a few more participants, so do consider coming along to see what it is all about. Mah Jongg is a relatively easy game to learn, and we are a sociable bunch.

Our next Mah Jongg dates are April 14 and 28 and May 12 and 26. Start time is 13:30.

For further information, e-mail mahjongg@delamerepark.co.uk, or ring Maria on 889728.

Bridge Club

We play on Monday evenings at 7.15 p.m. in the Park Room (when it is available), or at 7.00 p.m. in the Lodge. Details of the venue are shown on the Notice Board in the Clubhouse. A warm welcome is assured.

Further enquiries to Leo Miles on 301699.

Gardening Club

The snowdrops have almost finished, and the daffodils are flowering – IT'S SPRING!!

April 12 at 14:00 – Daffodil Walk This is our group time slot for the Whitegate Daffodil guided walk at Foxtwist Green Farm in Whitegate in support of Macmillan Cancer Care. **Car-sharing is suggested.** It is open from April 2 to 17 April for individuals. For details call 01606 889380.

On **April 16/17** we are off to the Harrogate Spring Flower Show. Our next speakers are:

April 18 – Jack Swan – "Wild Flowers of East Cheshire"

May 23 – Andrew Humphries – "Wollerton Old Hall Garden"

All are welcome to join the Gardening Club for only £7 per annum. **For further details contact Brian Hoyland on 888550**



Book Club

Members meet approximately once a month, usually on a Thursday at 19:45, to discuss that month's chosen book. Meetings are held in members' homes and depending on the book chosen can result in some fairly lively interchange of views.

If you are interested in joining us please contact Alan Shaw on 881771 for details.



Community Groups

Iyengar Yoga

Did you know that here on the Park we have a qualified Yoga teacher in Sue Rennie who holds a Iyengar Yoga class every Tuesday (In Term Time) starting at 13:15.

Some Frequently asked Questions

What is Iyengar Yoga and What are the Benefits

In Iyengar Yoga the focus is very much on correct alignment of the body. By working with care and attention to alignment the body takes the most benefit from the postures.

Practising yoga helps overcome stresses and strains. It brings vitality, flexibility, strength, concentration, self-confidence and mental calm and promotes a firm foundation for health and well being.

What shall I wear ?

Anything comfortable such as a t-shirt and shorts or leggings. It is recommended that you do yoga in bare feet.

What about Equipment ?

Equipment is available which can be used whilst you "give us a try". Subsequently Sue can sort out some for you to buy if you decide to join the class.

Can I have a Meal before the Class ?

Yoga should be practised on an empty stomach so try to give a heavy meal about four hours to digest. Leave an hour for a light snack or drink.

We are a small friendly group ranging in age from 30 something to Don't ask. At the moment the class is all women, but men are just as welcome to join us.

If you would any further information just ring Sue Rennie on 888324



Whist Drive

Whist Drives are held monthly in the Park Room. We start at 19:30 and finish at 22:45 and the cost is £2. All residents are most welcome so even if you haven't played for a while we can soon help you recap. The 'Drives' are light hearted with the only serious issue being who carries home the 'Scotch'.

Dates for the coming months are:

April 9 and May 14

Refer to the notice in the Clubhouse for any date changes or contact John Pattison on 888362



Squirrels Pre School Nursery

Squirrels is a small Ofsted inspected Pre-School offering places to children from 2 to school age during term time. Government Sure Start and Childcare Vouchers are accepted.

To arrange a visit or to have an informal chat, please pop in or call Della or Romany on 01606 888782.

In Reception you will find a box for the Tesco Schools & Clubs vouchers and Sainsbury's Active Kids vouchers. We would be grateful, if when shopping, you could collect these which will enable us to obtain equipment for our nursery.

Community Groups

Ladies' Club

Members enjoyed a glass of wine at the AGM , whilst re-electing Iris Lyon as Chairman, Yvonne Cooper as Secretary. Janet Wilkinson , Marjorie Ruchat, Isobel Nicholson and Elizabeth Hill were joined on the committee by Sheila Bowker and Marie Rogers. We are still looking for a volunteer to act as Treasurer!

Thanks to Isobel's sterling work managing the Book Sales, we raised over £400 for charity. Members voted to donate the money raised as follows:

£100 to Help for Heroes £100 to Breast Cancer Care £100 to Macmillan Nurses £100 to St Luke's Hospice

Ladies' Club has a great programme for the next 12 months of Speaker meetings, parties and outings.

April 11 Fiona Martin will tell us about "Behind the Scenes at the Theatre"
May 9 Wayne Couzens "Your M & S Fashion Focus" will bring examples of future designs and some of the ladies will be asked to make up a focus group that will help determine the fashion stocked in M & S stores.

If you would like further information please contact Iris Lyon on 888408 or email ladies@delamerepark.co.uk.

Homewatch

Scams

British Gas and HMRC - As always there are a number of scams around with the aim of extracting your bank details from you. You will be contacted by email or phone supposedly from organisations we know such as saying that you are due a refund and all they need from you is your bank details. Needless to say these organisations would not process a refund by this manner so you know what to do!!



Microsoft Technical Support - Be aware that you may receive a call from someone purporting to be from or claiming to be acting on their behalf. The caller will explain that your computer contains a virus and they can help to remove it with remote access. Please do not be fooled into allowing access to your computer. **Do not** open any programme or download any software even if you are told that should solve the problem, the computer will become unusable. **This is a scam.** If you receive an unsolicited call from someone claiming to be from Microsoft Technical Support or anyone claiming to be affiliated with the company just hang up.

Census - Sadly there have already been reports of bogus callers using the census as an excuse to try and obtain personal details. Remember if you have returned the census form by post or email you should **not** receive a visit from a census official. Should a census official knock on your door ask to see their id which shows the census logo. If have doubts about your caller then please contact the census helpline on 0300 0201 101. If they are bone fide they will not ask for any personal details. Please see the clubhouse notice board for further information.

SAS Fire & Security Ltd

Many of you will have received unsolicited telephone calls from SAS Fire & Security Ltd in the past. The Official Receiver is now dealing with all matters concerning SAS Fire & Security Ltd and the company has ceased trading. The Official Receiver will eventually contact anyone who has a monitoring contract, however it is possible that an approach may be made by new businesses offering to monitor the alarms which will incur further costs. You are advised to shop around before accepting any offer to take over alarm monitoring and research the company before arranging a sales visit. Further information can be obtained from Consumer Direct on 08454 04 05 06

Contact Numbers

To report a scam please contact Consumer Direct on **08454 04 05 06**
 To report serious incidents such as where a persons safety may be endangered call **999**.
 To report a crime call **0845 458 0000** this is handled by the Cheshire Police call centre which is manned 24 hours a day.
 To report a crime anonymously call Crimestoppers on **0800 555 111**.
 To report non urgent matters call the Community Action Team on **0845 458 6393**.
 To contact Sophie Baxter our Police Community Support Officer email her at sophie.baxter@cheshire.pnn.police.uk

Sports Clubs

Exercise Classes

Being fit is the interaction of all the muscles in your body working together to complete a specific task, and the fitter you are, the easier that task will be. It is about your fitness being functional. This means that some people may be 'fit' in just one aspect of physical activity. For example, a swimmer might be fit to swim front crawl for an hour, but couldn't jog for ten minutes. Circuit training is for general fitness. All our classes are suitable for a wide range of fitness levels, and can easily be adapted for any individual targets you may have. Come along and have a chat and try it out.

All classes take place in the Park Room and cost £3 per session.

Pilates Circuit for Beginners and Improvers — Thursdays 09:30 to 10:30

Pilates is an approach to exercise which focuses on toning, balance and mobility. This circuit will help you develop your core stability muscles, increase muscular endurance, increase joint mobility and stability, help postural alignment, help reduce injuries and muscular back pain. **Low impact**, No jumping or aerobics. **High effect**, toning, mobility and balance.

What to wear - anything comfortable and stretchy – trainers or bare feet

Body Balance Exercise with Music Circuit - Mondays 10:00 to 11:00

Specially designed for Women - Gently tone and stretch your whole body - each session. This circuit is for anyone who wants to begin exercising at their own pace – help lose a few pounds – become more healthy – tone and shape their muscles – increase endurance – increase their aerobic capacity - increase joint mobility, stability and flexibility – help postural alignment – help reduce injuries or muscular back pain - have some fun whilst exercising.

Wear anything comfortable and trainers.

General Circuit Training for Men and Women age 15 plus - Mondays 18:00 to 19:00 except Bank Holidays Thursdays 19:00 to 20:00

General fitness training for all abilities. Exercises include cardiovascular fitness, callisthenics, muscle tone/endurance, core stability, balance and Pilates style exercises to help improve everyday functional fitness, balance muscle groups and improve general fitness for sports. Wear anything comfortable and trainers.

For more information contact Hilary on 07812 684979 or email her at hilaryhep@hotmail.co.uk

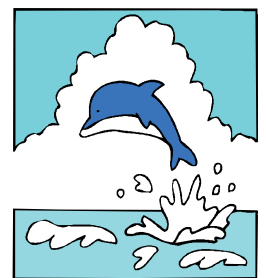
Water Aerobics

The sessions are as follows:

Wednesdays: 11.00am to 12noon

Thursdays: 20:00 to 21:00 (Generally there are more spaces at the Thursday sessions)

Cost is £2 per person per session all of which is donated to St Lukes Hospice, Winsford. Our latest donation earlier this month was £281. **For further details please contact Reception or email sport@delamerepark.co.uk**



Services

Reception Telephone Number - 889263

Logs, Woodchip and Leaf Mould Sales

Woodchip £2.00 per bag (50p delivery under 5 bags)
 £25 per container load

Logs None available at present

Leaf mould £2.00 per bag

Contact Reception to place your order.



Clubhouse - Park Room

This room can be hired for private parties at a cost of £50 for the evening. Should the bar takings exceed £100 then the £50 will be refunded providing the room is left clean and tidy and all tables and chairs stored.

Clubhouse Facilities - Bookings

In order to use the time of our administrative staff more effectively bookings for the Clubhouse facilities (including squash and tennis courts) will only be taken after 14:00.

Recommended Services

At Reception we have a folder for babysitters, gardeners, tree felling, discos, taxis, electricians etc. If anyone has any services that they can personally recommend, please leave details at Reception.

Coffee and Chat

Coffee and tea is available at Reception in the afternoons and evenings, please feel free to come in and have a chat and familiarise yourselves with what goes on in the Clubhouse. You may be surprised at the many activities on offer!

Lost Property

Reception has a number of items found both in the Clubhouse and in the grounds of the Park. If you have lost something recently it may well be in their possession

Next Edition - June 2011

Deadline for receipt of contributions is May 15 2011.

These should be sent by email to news@delamerepark.co.uk or left at Reception.

park dates

Delamere Park community events timetable



April 2011

Special Events

Sunday Carvery	Sunday April 3 (Mothers Day)	12:00 to 17:00
Karaoke in the Bar	Saturday April 23	19:30
Children's Party	Friday April 29	16:00

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				
Art Classes	Every Wednesday	12–14:30	-	6	13	20	27
Bridge	Every Monday — Lodge 19:00 or Clubhouse 19:15		-	4	11	18	25
Coffee Mornings	First Thursday	10:30	-	7	-	-	-
Gardening Club	Fourth Monday	20:00	-	-	-	18	-
Ladies Club	Second Monday	20:00	-	-	11	-	-
Mah Jongg	Second/Last Thursday	13:30	-	-	14	-	28
Whist	Usually First or Second Saturday	19:30	-	-	9	-	-
39/45	Third Wednesday	19:30	-	-	-	20	-
Social — Plot Draw	Every Tuesday	20:30	-	5	12	19	26
Social — Quiz Night	Every Wednesday	20:30	-	6	13	20	27
Yoga	Every Tuesday Term Time Only	13:15	-	5	12	19	-
Adult Swimming	Every Wednesday	20:00	-	6	13	20	27
Children's Swimming Lessons	Every Saturday	16:00	2	9	16	23	30
Exercise Classes - Body Balance	Every Monday	10:00	-	4	11	18	-
Exercise Classes - Circuit Training	Every Monday	18:00	-	4	11	18	-
Exercise Classes - Pilates Circuit	Every Thursday	09:30	-	7	14	21	28
Exercise Classes - Circuit Training	Every Thursday	19:00	-	7	14	21	28
Indoor Bowls	Every Tuesday	20:00	-	5	12	19	26
Ju Jitsu	Every Wednesday	19:00	-	6	13	20	27
Squash-Mens Team	Every Thursday) Winter	19:00	-	7	14	21	28
Squash- Ladies Team	Every Monday) Only	19:00	-	4	11	18	25
Squash-Junior Coaching	Every Sunday	16:45	-	3	10	17	24
Squash-Social	Second Tuesday in the Month	19:00	-	-	11	-	-
Table Tennis	Every Tuesday	18:00	-	5	12	19	26
Water Aerobics	Every Wednesday	11:00	-	6	13	20	27
Water-Aerobics	Every Thursday	20:00	-	7	14	21	28

visit www.delamerepark.co.uk for more information

delamerepark

park dates

Delamere Park community events timetable



May 2011

Special Events

Sunday Carvery	Sunday May 8	12:00 to 17:00
Charity Bridge Event	Friday May 13	12:00 to 17:00

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				
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Bridge	Every Monday — Lodge 19:00 or Clubhouse 19:15		2	9	16	23	30
Coffee Mornings	First Thursday	10:30	5	-	-	-	-
Gardening Club	Fourth Monday	20:00	-	-	-	23	-
Ladies Club	Second Monday	20:00	-	9	-	-	-
Mah Jongg	Second/Last Thursday	13:30	-	12	-	26	-
Whist	Usually First or Second Saturday	19:30	-	14	-	-	-
39/45	Third Wednesday	19:30	-	-	18	-	-
Social — Plot Draw	Every Tuesday	20:30	3	10	17	24	31
Social — Quiz Night	Every Wednesday	20:30	4	11	18	25	-
Yoga	Every Tuesday Term Time Only	13:15	3	10	17	24	31
Adult Swimming	Every Wednesday	20:00	4	11	18	25	-
Children's Swimming Lessons	Every Saturday	16:00	7	14	21	-	-
Exercise Classes - Body Balance	Every Monday	10:00	-	9	16	23	-
Exercise Classes - Circuit Training	Every Monday	18:00	-	9	16	23	-
Exercise Classes - Pilates Circuit	Every Thursday	09:30	5	12	19	26	-
Exercise Classes - Circuit Training	Every Thursday	19:00	5	12	19	26	-
Indoor Bowls	Every Tuesday	20:00	3	10	17	24	31
Ju Jitsu	Every Wednesday	19:00	4	11	18	25	-
Squash-Mens Team	Every Thursday) Winter	19:00	-	-	-	-	-
Squash- Ladies Team	Every Monday) Only	19:00	-	-	-	-	-
Squash-Junior Coaching	Every Sunday	19:00	1	8	15	22	29
Squash-Social	Second Tuesday in the Month	19:00	-	10	-	-	-
Table Tennis	Every Tuesday	18:00	3	10	17	24	31
Water Aerobics	Every Wednesday	11:00	4	11	18	25	-
Water-Aerobics	Every Thursday	20:00	5	12	19	26	-

visit www.delamerepark.co.uk for more information

delamerepark

Contacts

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Anne German

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Chris Hardy

Jeannine Kolodziejcki

Frank Stewart

Facilities Manager

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Community Groups and Sports Clubs

Adult swimming

Lynne Shelley

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Cricket

Jeff Prest

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Homewatch

David Bowker

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Ladies Club

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Table Tennis

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Whist

John Pattison

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Sports and Leisure Association

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Chairman - Community Groups

David Bowker

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Book Club

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Exercise Classes

Hilary Heptinstall

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Indoor Bowls

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Mah Jongg

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Squash

Chris Hardy

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Tennis

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Yoga

Pam Firth

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Bridge

Leo Miles

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Gardening Club

Brian Hoyland

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Ju Jitsu

Peris Roberts

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Residents band

David Rodliffe

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Squirrels

Georgina Hulse

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Water Aerobics

Ann Dean

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39/45 Club

Paul Rogers

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If you do not have access to email then contact can be made with the above named via Reception on 889263.