



## Trustee News

### Royal Wedding Children's Party

On the 29<sup>th</sup> April 2011 a children's party was held to celebrate the wedding of Prince William and Kate. 18 children attended and were entertained with face painting, balloon art and a disco. High tea was served on the green and the children all left with a 'William & Kate, the Royal Wedding' souvenir book to commemorate this special occasion. A big Thank You to those residents who contributed in making this such a memorable and enjoyable occasion for our younger residents.

### Caribbean Event

By the time you read this residents will have been made aware of the Caribbean event due to take place on 18 June. This will utilise the tennis courts as well as the centre itself, and should ensure everybody has a good time even in the event of inclement weather. As a result of using the tennis courts then usage of the courts will be affected for both the day before and the day after the event.

Please note that this event has been organised by the Bar committee and is not a replacement for the Gala Day which, as previously advised, will not take place this year. As this is a specially licensed event, all drinks consumed must be purchased in the Clubhouse Bar, Lounge or Park Room. See page 3 for more details.

### Improving the Entrances to Delamere Park

In the last newsletter the Trustees asked for residents' views how the entrances to Delamere Park could or should be improved. There were very few suggestions, and consequently there will be no significant investment to make the entrances more of a feature. Instead, ensuring the entrances are of an acceptable standard and appearance will be reflected in the over-all maintenance schedule.

### Lagoons Improvement

A second meeting to discuss the management of the lagoons was discussed with residents, and over 30 attended in total. As reported previously the consensus was to retain the lagoons, and a programme of work was agreed that will see the lagoons restored to their original state, subject to an acceptable level of costs. Given the efforts and expense involved then this may take 2-3 years to achieve.

### Solar Panels

Given the current levels of incentives offered to members of the public there is considerable interest in the installing of solar panels, and several residents have already taken the step to install panels on their own properties. These do not require council planning consent, however under the terms of DPML the installation of panels does require trustee approval before any work commences.

The Trustees intend to publish a policy statement on solar panels in time for the next OGM in September.

### Squirrels Play Area

The Trustees have received a request from Squirrels playgroup to extend the play area by the Lodge building. This will provide for a small area between the Lodge building and the Car Park. Subject to an acceptable risk assessment this was approved by the Trustees. Any residents wishing to see the plans can do so at reception.

## Trustee News

### Gardening Equipment

New gardening equipment has been purchased to replace the aging grass cutting equipment we have been using. For the first time we have also purchased a grass collector, which will be used when it is not appropriate to leave the mulch on the ground. The purchase was budgeted for in this years budget.

### Clubhouse Kitchen Crockery

A number of plates from the kitchen have gone 'missing' no doubt taken home with food on and then forgotten. We would be grateful if these could be returned when convenient.

## General News

### Cuddington and Sandiway Gala Day - June 11 13:00 to 16:00

Go along to the Village Hall and Playing field and support your local community. Entry is free and attractions include:

Football Tournament from 10:00

Crowning of the Community Queen and Princess at 13:30

Various Stalls

Official Opening with ATC Marching Band at 13:00

Samba Band Workshop

Games, Attractions and Activities for the Children

### Charity Fashion Show - October 7 (Provisional)

We have joined forces with one of the areas leading fashion stores, Bratts, to create an evening of high fashion with proceeds going to Macmillan Cancer Support. Look out for full details in the next issue of Parktalk

### Concert Outings

Our trip on Saturday June 4 to the Liverpool Philharmonic is the last until the start of the 2011/2012 concert season, details of which we have just received 'hot off the press'. We will shortly circulate details of those concerts we propose attending.

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



### Delamere Spartans Running Club

A resident has started a running club serving the local area focussing on running in the forest and the bridleways and footpaths leading to it. They run on Tuesday evenings from Norley Village Hall.

Further information can be found at their website <http://www.delamerespartans.org.uk> or call 07939 220301.

### Coffee Mornings

Thanks to the Adult Swimming Group and 39/45 Club for hosting the April and May Coffee Mornings. The following Groups have kindly agreed to host our next Coffee Mornings :

**Thursday June 2** – Gardening Club    **Thursday July 7** – Mah Jongg Group    **Thursday August 4** – Ladies' 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. 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.

## Sunday Carvery

**Sunday June 5**

The Sunday Carvery has continued to be extremely popular. On Mother's Day it was attended by 121 Residents & their guests and quite frankly pushed the capacity of our kitchen to the limit. As Residents have expressed their appreciation of the whole dining experience, we have decided to limit capacity to less than 100 in future, to ensure these standards are maintained. We therefore apologise if we are unable to accommodate everyone but would advise Residents to 'Book Early' as Fred Pontin used to say. **The next Carvery will be on Sunday 5 June** and this will be the last before we take a short break for the summer, with the Sunday Carvery commencing again in September. Look out for further announcements in Bartalk and on the Club notice boards.

## Caribbean Evening with Hog Roast & Steel Band

**Saturday June 18**

It is fair to say this will be our most ambitious event yet. We will be opening up the front of the tennis courts and turning the courts into an entertainment area. We have invited the '**Panfire Steel Band**' to perform two sessions. The first session will start around 7:30pm. When the pans strike up, **the essence of the Trinidad Carnival will descend on Delamere Park**. You can expect a wide mix of music from reggae, ska and calypso, to well-known popular tunes, carefully arranged to suit the steel pan sound.

This will be followed by a Hog Roast, supplied by '**Cheshire Hog Roasts**'. The meat is free range and locally sourced from Rose Farm in Utkinton and the bread is freshly baked on the day by the Devonshire Bakery in Frodsham. In a further quest to capture the Caribbean flavour, there will be special Caribbean Cocktails available on the evening, such as Mojito, Piña Colada & Cuba Libre and for those who prefer a pint, there will also be traditional Caribbean beers.

The live entertainment will continue after the Hog Roast with a second session by the Panfire Steel band at 10:00pm and then after the band's final performance, musical entertainment will switch into the Park Room with more Calypso Music through till Midnight.

Residents will also have the option of setting up their own gazebo within the tennis courts. There are only a limited number of plots available, which Residents can reserve when they purchase their tickets. As this is a specially licensed event, all drinks consumed must be purchased in the Clubhouse Bar, Lounge or Park Room.

**This will be an ALL TICKET event; priced at only £10 a head (no concessions) now on sale at Reception and this covers the cost of entry to the event, the musical entertainment & the Hog Roast.**



## Wimbledon Strawberries & Champagne

**Sunday July 3**



Following last year's success, we are again opening the "Clubhouse" to serve Champagne, Strawberries and Cream whilst you watch the Men's singles final, so come along and watch the match amongst friends.

**Cost:**

£4.50 to include a glass of perfectly chilled Champagne and a bowl of local produced Strawberries and Cream. Tickets available from June 11.

## Thai Cuisine Evening

**Friday July 15**



We are continuing our 'themed' Cuisine evenings by bringing a taste of Thailand to Delamere Park in the form of a 'Thai Experience'. Three Thai ladies, who have a real passion for Thai Food and Thai Regional Cooking, will be serving a freshly prepared menu to either, introduce you to, or enhance your enjoyment of, this unique part of the world.

**Cost:**

£13:00 per person, to include a variety of dishes specially selected for the evening. Tickets available from June 11. Further details coming soon.

visit [www.delamerepark.co.uk](http://www.delamerepark.co.uk) for more information

delamerepark

# General News

## Garden, Craft and Produce Show 2011

The 4<sup>th</sup> 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

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## Garden Safari

### Calling all Gardeners !! Make it worth all the effort!

Do you spend a lot of time creating a beautiful garden? Would you like lots of people to see it? Why don't you take the opportunity to open it for the Gardening Club's annual Garden Safari?

The Garden Safari will be held on the afternoon of Sunday July 17 and all open garden owners get the chance to see the other gardens. You would get the opportunity to nominate a charity of your choice to receive a percentage of the proceeds. Please contact Gardening Club Chairman, Brian Hoyland, on 888550.

# Community Groups

## 39/45 Club

The 39/45 Club began in 1985 on the 40th anniversary of VE Day. A small group of ex-servicemen then met in the bar for a chat and a drink. As the group grew it cleaned up the (then disused) Lodge in order to hold meetings. Membership grew to about 30 where it has remained.

New members are introduced by current members and at the monthly meetings we try to provide speakers who promote lively discussion. After the speaker we have a break for refreshments - sandwiches and pie provided by members on a rotation basis. Then we have the 'formal' meeting to discuss forthcoming trips, games of snooker, pool, bowls etc. Currently, in addition to the monthly meetings we also have several regular events during the year.

These include an Annual Dinner, a formal event held each year. We have the St Valentine's Day Luncheon at a local restaurant and also the 'Summer Social' in the Park Room. We also have a representation at the Armistice Day Service at Norley Church.

For further information contact Paul Rogers at [3945@delamerepark.co.uk](mailto:3945@delamerepark.co.uk) or call 889728.

## Mah Jongg

Our small group meets from 1.30 p.m. to 5.00 p.m. on the 2<sup>nd</sup> and last Thursdays of each month. We have recently acquired a few new members, and would always welcome a few more, 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 dates are June 9 and 30 and July 14 and 28.

For further information, e-mail [mahjongg@delamerepark.co.uk](mailto: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

26 members and residents had an interesting visit on April 16/17 to York and the Harrogate Spring Flower Show.

Forthcoming meetings and topics are :

- June 29 – no meeting, but an evening trip to Wollerton Old Hall Garden in Shropshire (this follows on from the talk at our May meeting by Andrew Humphries)  
Please note this trip is on a Wednesday evening, not our usual Monday.
- July 17 – our annual "Garden Safari"
- July 25 – our Summer Social

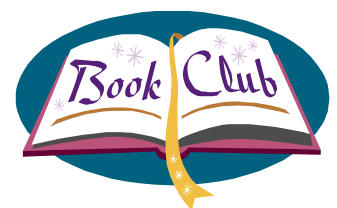
All are welcome to join the Gardening Club for only £7 per annum. For further details contact Brian Hoyland on 888550



## 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**



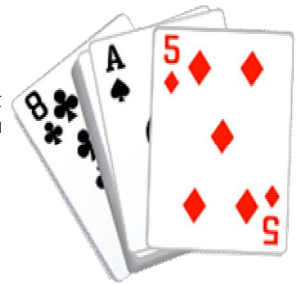
## Whist Drive

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:

June 11 and July 9

**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.**

# Community Groups

## Ladies' Club

Ladies' Club May meeting was "Your Marks and Spencers Fashion Focus". An M&S marketing team of 4, including a designer, came from London with a selection from the forthcoming Autumn Classic collection of clothes. Wayne Couzens described the differences between the various collections and the range of customers that they are designed for. Ladies' Club members were invited to put tickets on the garments to indicate those that they "love", "hate", or would "buy now". Wayne invited comments from the ladies about the garments and we all enjoyed the discussion. The M&S team donated vouchers of £50 and £25 to our raffle, to the delight of members who were lucky enough to win them. Many thanks to Delamere Park resident Ella Magnuss for arranging the event. Ella is a designer who has worked with the M&S team and had actually designed the skirt that Chairman Iris was wearing!

Ladies' Club has donated £100 to the ALzheimers Disease Society from the Book Sales, in addition to the £400 already sent to other charities as reported in the last Parktalk.

The next meeting on June 13 is Gay Rhodes "Talk about Life". Gay is a well known professional speaker who usually speaks at high profile luncheons, so it should be an excellent evening. Guests will be very welcome at this meeting.

July 11 is our Summer party. It will be a Strawberry Sparkle with a glass of Pink Fizz. The tickets will be on sale in June and it is hoped to send a donation to a Breast Cancer charity. There is no meeting in August.

All ladies on Delamere Park are invited to join Ladies' Club, so do come along on the 2<sup>nd</sup> Monday each month at 8pm and enjoy an evening of fun and friendship.

**If you would like further information please contact Iris Lyon on 888408 or email [ladies@delamerepark.co.uk](mailto:ladies@delamerepark.co.uk).**

## Homewatch

HomeWatch is an independent, voluntary, community-based network of residents. While HomeWatch supports and is supported by the police and other agencies, its independence is a vital aspect of its work.

Its main aims are to:

- Reduce crime, anti-social behaviour and fear of crime
- Provide reassurance to local communities
- Improve residents' quality of life
- Encourage neighbourliness and a closer community.

These targets are achieved by:

- Sharing information with the community, the police and other agencies
- Supporting others, especially vulnerable neighbours
- Being receptive to information and advice from police and other agencies
- Passing information to the police and other agencies.

For more information go to <http://www.mynhw.co.uk/>

**There will be a Police Surgery with PCSO Sophie Baxter at Sandiway Library on Monday June 6th between 15:00 and 16:00.**

## 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](mailto:sophie.baxter@cheshire.pnn.police.uk)

**You can contact your local HomeWatch co-ordinator David Bowker at [homewatch@delamerepark.co.uk](mailto:homewatch@delamerepark.co.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](mailto:hilaryhep@hotmail.co.uk)**

## Water Aerobics

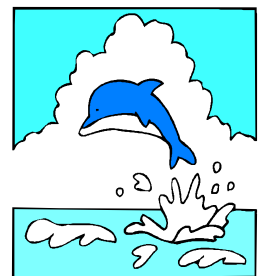
Exercise in water with a qualified instructor. A safe, pleasant and fun way of shaping up, improving fitness, co ordination and experiencing the feel good factor. All of this to lively music.

### 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. **For further details please contact Reception or email [sport@delamerepark.co.uk](mailto:sport@delamerepark.co.uk)**



## Ju Jitsu

A class is held every Wednesday between 19:00 and 20:30 in the Park Room. It is run by a qualified black belt trainer and is open to both Juniors and Adults.

For further information please see the **Notice Board**, or email [jujitsu@delamerepark.co.uk](mailto:jujitsu@delamerepark.co.uk)



## Services

### Reception Telephone Number - 889263

#### Woodchip and Leaf Mould Sales

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

**Leaf mould**      £2.00 per bag

Contact Reception to place your order.




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#### 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.

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#### 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.

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#### 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.

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#### 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!

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#### 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 - August 2011

Deadline for receipt of contributions is July 15 2011.

These should be sent to [news@delamerepark.co.uk](mailto:news@delamerepark.co.uk) or left at Reception.

# park dates

Delamere Park community events timetable



## June 2011

### Special Events

|                          |                  |                |
|--------------------------|------------------|----------------|
| <b>Sunday Carvery</b>    | Sunday June 5    | 12:00 to 17:00 |
| <b>Caribbean Evening</b> | Saturday June 18 | 19:30          |

| Regular Meetings and Activities<br><br>Community Groups and Sports Clubs | Normally meet each month on the day(s) shown below<br><br>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 | 1                  | 8  | -  | 22 | 29 |
| Bridge   | Every Monday — Lodge 19:00 or Clubhouse 19:15   |          | -                  | 6  | 13 | 20 | 27 |
| Coffee Mornings  | First Thursday  | 10:30    | 2                  | -  | -  | -  | -  |
| Gardening Club   | Fourth Monday   | 20:00    | -                  | -  | -  | -  | 29 |
| Ladies Club  | Second Monday   | 20:00    | -                  | -  | 13 | -  | -  |
| Mah Jongg  | Second/Last Thursday  | 13:30    | -                  | 9  | -  | -  | 30 |
| Whist  | Usually First or Second Saturday  | 19:30    | -                  | 11 | -  | -  | -  |
| 39/45  | Third Wednesday   | 19:30    | -                  | -  | 15 | -  | -  |
| Social — Plot Draw   | Every Tuesday   | 20:30    | -                  | 7  | 14 | 21 | 28 |
| Social — Quiz Night  | Every Wednesday   | 20:30    | 1                  | 8  | 15 | 22 | 29 |
| Yoga   | Every Tuesday <b>Term Time Only</b>   | 13:15    | -                  | 7  | 14 | 21 | 28 |
| Adult Swimming   | Every Wednesday   | 20:00    | 1                  | 8  | 15 | 22 | 29 |
| Children's Swimming Lessons  | Every Saturday  | 16:00    | 4                  | 11 | 18 | 25 | -  |
| Exercise Classes - Body Balance  | Every Monday  | 10:00    | -                  | 6  | 13 | 20 | 27 |
| Exercise Classes - Circuit Training                                      | Every Monday  | 18:00    | -                  | 6  | 13 | 20 | 27 |
| Exercise Classes - Pilates Circuit                                       | Every Thursday  | 09:30    | 2                  | 9  | 16 | 23 | 30 |
| Exercise Classes - Circuit Training                                      | Every Thursday  | 19:00    | 2                  | 9  | 16 | 23 | 30 |
| Indoor Bowls   | Every Tuesday   | 20:00    | -                  | 7  | 14 | 21 | 28 |
| Ju Jitsu   | Every Wednesday   | 19:00    | 1                  | 8  | 15 | 22 | 29 |
| 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    | 5                  | 12 | 19 | 26 | -  |
| Squash-Social  | Second Tuesday in the Month   | 19:00    | -                  | -  | 14 | -  | -  |
| Table Tennis   | Every Tuesday   | 18:00    | -                  | 7  | 14 | 21 | 28 |
| Water Aerobics   | Every Wednesday   | 11:00    | 1                  | 8  | 15 | 22 | 29 |
| Water-Aerobics   | Every Thursday  | 20:00    | 2                  | 9  | 16 | 23 | 30 |

visit [www.delamerepark.co.uk](http://www.delamerepark.co.uk) for more information

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# park dates

Delamere Park community events timetable



July 2011

## Special Events

|                                    |                |       |
|------------------------------------|----------------|-------|
| Wimbledon Strawberries & Champagne | Sunday July 3  | 14:00 |
| Thai Cuisine Evening               | Friday July 15 |       |
| Garden Safari                      | Sunday July 17 | Noon  |

| Regular Meetings and Activities<br><br>Community Groups and Sports Clubs | Normally meet each month on the day(s) shown below<br><br>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   | 13:00 | -                  | 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 | -                  | -  | -  | -  | 25 |
| 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 <b>Term Time Only</b>   | 13:15 | -                  | 5  | 12 | 19 | 26 |
| 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 | 25 |
| Exercise Classes - Circuit Training                                      | Every Monday  | 18:00 | -                  | 4  | 11 | 18 | 25 |
| Exercise Classes - Pilates Circuit                                       | Every Thursday  | 09:30 | -                  | 7  | 14 | 21 | -  |
| Exercise Classes - Circuit Training                                      | Every Thursday  | 19:00 | -                  | 7  | 14 | 21 | -  |
| 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 <b>) Winter</b>  | 19:00 | -                  | -  | -  | -  | -  |
| Squash- Ladies Team  | Every Monday <b>) Only</b>  | 19:00 | -                  | -  | -  | -  | -  |
| Squash-Junior Coaching   | Every Sunday  | 19:00 | 3                  | 10 | 17 | 24 | 31 |
| Squash-Social  | Second Tuesday in the Month   | 19:00 | -                  | -  | 12 | -  | -  |
| 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](http://www.delamerepark.co.uk) for more information

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# Contacts

## Trustees

Martin Cutbill (Chairperson)

Anne German

[trustees@delamerepark.co.uk](mailto:trustees@delamerepark.co.uk)

Chris Hardy

Jeannine Kolodziejski

Frank Stewart

## Facilities Manager

Alan Baskerville

[alan@delamerepark.co.uk](mailto:alan@delamerepark.co.uk)

## 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

Elizabeth Hill

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### Table Tennis

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### Whist

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### Sports and Leisure Association

[sport@delamerepark.co.uk](mailto:sport@delamerepark.co.uk)

### Chairman - Community Groups

David Bowker

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### Book Club

Alan Shaw

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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

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### Tennis

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### Yoga

Pam Firth

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### Bridge

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### Gardening Club

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### Ju Jitsu

Peris Roberts

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### Residents band

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### Squirrels

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### Water Aerobics

Ann Dean

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### 39/45 Club

Paul Rogers

[3945@delamerepark.co.uk](mailto:3945@delamerepark.co.uk)

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