

## Trustee News

### Gala Day

This was successful day with many people enjoying themselves across a range of events and activities. It was great to see so many children participating and enjoying themselves. Thank you for supporting the day and more especially, thank you to all volunteers, helpers and organisers, who made this day such a great success.



### Ordinary General Meeting of Plot Holders

The Ordinary General Meeting of Residents will take place on Thursday September 18 at 7.30pm. Look out for the 1st Notice of this meeting which will be sent out shortly. This will inform you of the arrangements for the meeting, request nominations for Trustee vacancies, ask if any residents have any Resolutions they wish to make and also ask for nominations for recipients of the Fitzsimons Trophy.

A 2nd Notice will be circulated in mid August enclosing all the necessary paperwork for the meeting and identify the level of Plot Holder Contributions.

Please put the date of the meeting in your diary and more especially, attend the meeting.

### World Cup

Even though England bowed out early, this was a great event for the Park and was well attended across a range of matches. Once again, thank you to all who came to the matches and helped the bar revenue.

A special thank you to the Bar Staff and all organisers of the World Cup activity. Your involvement is much appreciated.

## General News

### Coffee Mornings

Thanks to the Adult Swimming and the Mah Jongg Group for hosting recent Coffee Mornings. The following Groups have kindly agreed to host our next Coffee Mornings: 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.



Thursday August 7 - Gardening

Thursday September 4 - Water Aerobics

Thursday October 2 – 39/45 Club

### Concert Outings

We have provisionally reserved seats for three concerts at the Liverpool Philharmonic Hall, following their refurbishment over the summer. The planned dates are Wednesday December 10, Saturday February 14 and Thursday April 16. We will circulate details to those on our distribution list when we have received confirmation of our bookings. Please contact Paul or Maria (889728) if you would like to be added to our list for information about future trips.

### Macmillan Coffee Morning

This will be held in the Clubhouse on Saturday September 20 between 10:00 and 12:00. Do come and join us and help raise funds for this worthwhile cause. As well as coffee and cake priced at £2.50 there will be the following stalls:

Fabulous jewellery and accessories  
Flowers dried/silk and maybe fresh  
Beautiful home accessories

Aloe Vera products  
Wonderfully Knitted garments  
Macmillan Christmas cards and other Macmillan gifts



### Be a Good Neighbour

There appears to be a number of residents who are elderly or in poor health living alone on the Park with no immediate family living nearby. Occasionally, these residents are in need of help for simple things which do not need an expert like changing a light bulb or occasional transport to hospital.

It has been suggested that we should compile a list of residents who are prepared to offer their services which will be held at Reception. So if you feel able to help in these sort of circumstances please notify Reception on 889263. Similarly if you think you could make use of such a service please call Reception on to register your interest.

### Lions Cake Break

Many thanks to all those residents who supported this event at Penny Tatt's house. A fantastic £470 was raised which is going towards a special bed for a 6yr old local boy with TB.

### The Raffle with a Bang

The Raffle was drawn on Sunday July 13 in the Sports Bar with the winning numbers posted in the Clubhouse and the winners notified. Thank you to everyone who took part in the Raffle, which together with donations raised over £200 to contribute to the Fireworks Display in November. Finally a very big thank you to the ticket sellers whose help and assistance was invaluable.

We would like to give a special word of thanks to the those who supported the Raffle by contributing Prizes, namely:  
The Efficiency People <[www.theefficiencypeople.co.uk/](http://www.theefficiencypeople.co.uk/)> Rodney Densem Wines <[www.rodneydensemwines.com/](http://www.rodneydensemwines.com/)>  
Littlers Butchers <[www.littlersbutchers.co.uk/](http://www.littlersbutchers.co.uk/)> Ian Barlow and Cuddington News Food & Wine (Premier Stores)

### Village Plan

Thank you to all those residents who completed the recent survey. The next step is to provide initial feedback on the findings and this will take place on the following dates and times.

Sandiway Library	Tuesday September 2 between	4.00pm-7.00pm
Village Hall	Wednesday September 3 between	7.30pm – 9.00pm
Delamere Park Clubhouse	Thursday September 4 between	4.00pm-7.00pm
Sandiway Library	Saturday September 6 between	10.00am-12.00 noon



## Craft, Garden & Produce Show 2014

The 7th annual Show, to be held on 13 September 2014 is open to all residents and their immediate non-resident family members. There is something for everyone! The committee would be pleased to have entries from children/grandchildren.



### 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. Humorous/Odd shaped Veg or Fruit (Any type)
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 (house or garden)
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/Single Bloom
19. Single Rose Stem/Multi-Bloomed
20. Planted patio pot, summer flowering pot,  
n/e 14"/36cm diameter (planted by exhibitor)
21. Specimen of Bonsai

### Floral Art (Arrangements must not exceed space)

22. Fresh Flower Arrangement Remembrance 1914 –2014  
space n/e 46cm x 46cm/18"x18"  
(MAY contain some artificial material)
23. Fresh Flower Arrangement in a tea cup and saucer  
space n/e 21cm x 21cm/8"x8"
24. A Fresh Arrangement (flowers, foliage, berries etc)  
depicting 'Autumn Colour' space n/e 46cm x 46cm/18"x18"

### Homecraft

25. 1 Jar Jam (approx. 1lb jar; cellophane top)
26. 1 Mixed Fruit Loaf (2lb tin)
27. 1 Jar Pickled Preserves or Chutney (approx. 1lb jar)
28. 1 Victoria Sandwich Cake (3 eggs) jam filled, no topping  
(Inc. icing/caster sugar) **(Men Only)**

### Handicraft/Hobbies

29. Greetings Card, n/e 6"x8" (15cm x 20cm; no envelope)
30. Specimen of cross-stitch/embroidery/tapestry/beadwork  
(can be from a kit) [please state overall dimensions on entry form]
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 featuring water (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, 6,37,38 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 on all exhibits and MUST be child's own work.

#### 3-5 years

40. A picture, any medium.
41. Animal made from plant/vegetable material
42. Colouring official picture

#### 6-9 Years

43. A picture, any medium
44. Colouring official picture
45. Any other item of craft

#### 10-13 Years

46. A picture, any medium
47. Three (3) homemade and decorated cup cakes
48. Any other item of craft

## Community Groups

### Mah Jongg

Summer Flowers, Green Bamboo and auspicious numbers bless the Mah Jongg group as they play with skill passed down by the masters. Guests are most welcome to experience this ancient game. We meet in the lounge bar on the 2<sup>nd</sup> and on the last Thursday of the month at 1.30pm, where tea or coffee will be served.

No previous experience needed and personal tuition is given. Phone 889410, or e-mail [mahjongg@delamerepark.co.uk](mailto:mahjongg@delamerepark.co.uk) to book a game or just turn up on the day.

Our next Mah Jongg dates are August 14 and 28. September 11 and 25

### 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 Paul Rogers on 889728.

### Gardening Club

Gardening club has had a very busy time over the last months. The Garden Safari was once again a very successful event. Almost £500 was taken for the garden owners charity which has been unanimously requested to go to Cancer Research UK. A very big thank you to everyone involved.

A number of us visited Trafford Hall Chester early in July. We had our Summer Social on July 28.

The gardens themselves are looking colourful and the vegetable plots full of their harvest. Now we can sit back and relax a bit.

We will be opening again on September 22 when our speaker is Jacqui Brocklehurst on 'Eat my garden'

But don't forget our outing on August Bank Holiday 25th August to the Dorothy Clive Garden and Plant Fair.

September 13 is the Garden, Craft and Produce Show.

We would love to see any new members at one of our meetings or just come as a visitor first.

Garden Club members have monthly interesting talks and access to discounts at local garden/nursery centres, so why not come along.

Have a good Summer.

For further information call Brian Hoyland on 888550.





# 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 light hearted and 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 even if you have never played or are a bit rusty. **Refer to the notice in the Clubhouse for any date changes or contact John Pattison on 888362**

Dates for the coming months are: August 16, September 27 and October 11

## Squirrels Pre School Nursery

**Calling all parents and grandparents!**  
**Did you know Squirrels was established over 35 years ago!**

Dedicated care and excellent education in a fun, happy and safe environment. Squirrels is a small Ofsted inspected Pre-School offering places to children from 2 to school age during term time.

If you would like more information please pop in or call Della or Romany on 01606 888782 or email [squirrels@delamerepark.co.uk](mailto:squirrels@delamerepark.co.uk)



# Community Groups

## Ladies Club

After a rainy day the sun came out just in time for our Summer Outing. We began in fine style with a glass of Bucks Fizz outside the Clubhouse before boarding the coach for our evening trip to North Wales. Our journey took the scenic route via the Horseshoe Pass, to our destination Llangollen. Sadly we failed to visit Plas Newydd, the home of the Ladies' of Llangollen, Lady Eleanor Butler and Miss Sarah Ponsonby, as the driver was unable to negotiate a tight bend en route and after a difficult manoeuvre he managed to turn the coach around to head for the Britannia Inn in the Horseshoe Pass where we enjoyed a meal before returning home to Delamere Park.

In July, June Corner and her friend Marjorie amused us with their talk on 'Naughty Knickers' showing items of underwear dating back to the 1840's through to present times. How ladies must have suffered with boned and laced corsets pulled tight to make them appear slim. Fortunately over time fashions have changed for the better, with comfort being an important quality. We were shown knickers from the 1880's, double padded to make riding the newly invented cycles more comfortable. We learned that although elastic came out in the 1820's it wasn't very reliable until the first World War. From 1910 – 1913, gussets were introduced, in 1923 the first Liberty bodices became available with a pocket in which to keep a block of camphor to ward off coughs and colds. Panties made from parachute silk were popular in the second World War when luxury fabric was scarce. Remember navy school knickers with a pocket for your handkerchief, luxury French Knickers made by Kaiser Bonder and Janet Reger, Sloggies, paper disposables, M&S magic knickers, Gossard's inflatable bras and M&S gel bras, both to make ladies look more voluptuous. June finished her talk with the latest M&S No VPL (No visible panty line). All in all a truly entertaining evening.

Finally we would like to say a big thank you to everyone who donated cakes and gave up time to serve refreshments on Gala Day, what a busy afternoon we had with people queuing outside at times, we estimated serving tea to over 120 people.

We meet on the second Monday of each month at 8pm in the Park Room and our programme for the next 3 months is:

August	NO MEETING (Summer Break)
Sept 8	Magistrates in the Community ~ Bill Garnett
Oct 13	Ace Caricatures & Cartoons ~ George Brooks

Do come along to any of our meetings to share in an enjoyable evening, finishing off with a friendly chat over a cup of tea.

If you would like further information please contact Janet Wilkinson on 889305 or email: [ladies@delamerepark.co.uk](mailto:ladies@delamerepark.co.uk)

## Delamere Park Singers

If you would like to come and give singing a try, please contact Barbara Smith on 01606 888844.

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## Homewatch

A reminder to make sure that all doors and windows are locked at night and when going out, even during this warmer weather. Even a small window will allow a determined burglar to gain entry. If you are working in the back garden away from the house, do not leave any doors insecure.



Be on your guard for rogue traders who knock on your door uninvited offering services. A recent incident occurred in a nearby village where such traders were 'cleaning the driveway' of an elderly resident. When the occupants son arrived and challenged the workmen, they made off from the area. This strongly suggests that their activities were not legal or genuine. Please look out for any vulnerable relatives and neighbours to prevent anyone taking advantage of them.

## Contact Numbers

To report a scam please contact [www.actionfraud.police.uk](http://www.actionfraud.police.uk) or call **0300 123 2040**  
 To report serious incidents such as where a persons safety may be endangered call **999**  
 To report a crime call **101** this is handled by the Cheshire Police call centre which is open 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 your local police station at Frodsham call **01244 612545**  
 To contact your local Homewatch co-ordinator David Bowker at [homewatch@delamerepark.co.uk](mailto:homewatch@delamerepark.co.uk)  
 To contact your local PCSO email [ryan.reid21364@cheshire.pnn.police.uk](mailto:ryan.reid21364@cheshire.pnn.police.uk)

# Sports Clubs

## Exercise Classes

### Energise Pilates



**Stretch, Tone and Strengthen your way into Shape for Summer!**  
**Pilates is a Mat Based, Body Conditioning Routine with all of these Benefits and More!**  
**Suitable for All Ages and Abilities!**

**Firm and Tone your Whole Body**

**Increase your Flexibility**

**Develop Core Strength**

**Low Impact**

**Ease Muscular Back Pain**

**Improve your Balance**

**Better Posture**

**Relieve Stress**

Thursday Morning 9.30am-10.30am and Thursday Evening 8pm-9pm.

1 Hour session only £3.00.

If possible please bring a mat and a small towel.

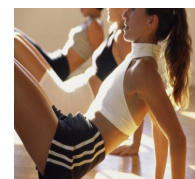
For further information contact Sarah, 01606 888844, 07557876174 or Email [energisepilates.cheshire@gmail.com](mailto:energisepilates.cheshire@gmail.com)

### Circuits

Monday evening Circuits 6.00pm till 7.00pm – trainer Fiona Hayes

Thursday evening Circuits 6.00pm till 7.00pm – trainer Emma Dart

For more information contact Jeff Prest at [jeffsandra@btinternet.com](mailto:jeffsandra@btinternet.com) or call 01606 888674.



## Water Aerobics

Ann has been unable to lead the sessions for three months as she has been caring for her husband who has been critically ill. The Wednesday ladies bravely carried on minus a leader until Myra stepped in so they were still making funds for St Lukes. However, we are delighted to say that Tom has made a miraculous recovery and everything is back to normal with Ann back in the lead and working on her own neglected fitness.

The group would love to welcome old members, new members and lapsed ones to both the Wednesday and Thursday sessions. We really do have fun to lively music, keeping our bodies and brains fit and alert. Our sessions are: Wednesdays 11.00am to 12.00noon and Thursdays 20:00 to 21:00



Anyone new to the group will be most welcome, bring a pair of cotton trainer socks as sometimes the bottom of the pool can be quite slippery. Cost is £2 per person per session all of which is donated to St Lukes Hospice, Winsford.

For further details of the classes please contact Reception or email [water@delamerepark.co.uk](mailto:water@delamerepark.co.uk)

## Ju Jitsu

If you are interested in starting JuJitsu, the club run a kids and adults class every Wednesday in the club house. Juniors 7-16yrs (7-8:30pm), Seniors 16+ (8:30-9:45pm), all levels of fitness welcome and no previous experience is required. Find out more at [www.bsmaa.co.uk](http://www.bsmaa.co.uk)

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



## Services

### Reception

The following services will only be available during Reception hours, which operate from 15:00 to 22:00 Monday to Friday and from 10:00 to 22:00 Saturday and Sunday:

- Photocopying and Fax
- Rock Salt Sales
- Logs/Wood Chip and Leaf Mold (None available for the foreseeable future)
- Park Room Bookings
- Fresh Milk (when available)
- Sweet and Drink Sales
- Event Ticket Sales
- Tennis and Squash Bookings
- Requests For meetings with the Facilities Manager
- Other General Enquiries

All enquiries regarding the above or any other non-urgent telephone calls should be made to **01606 889263** and a message left. Messages will be picked up after 15:00. For **URGENT** requests before 15:00, staff will normally still be available to help or you can call **01606 212523**. You can also email at: [office@delamerepark.co.uk](mailto:office@delamerepark.co.uk) or [reception@delamerepark.co.uk](mailto:reception@delamerepark.co.uk)

### Internet Access

The clubhouse enjoys free Wi-Fi. Password is available from Reception.



## Contacts

### Trustees

Chris Hardy (Chairperson)

Carla Brown

John Gilbody

Neil Houghton

Darren Shepherd

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

or

contact Reception

### Estates Manager

Gary J Newberry - [gary@delamerepark.co.uk](mailto:gary@delamerepark.co.uk) or contact Reception



# park dates

Delamere Park community events timetable



## August 2014

### Special Events


Regular Meetings and Activities	Normally meet each month on the day(s) shown below	Time	Week Numbers				
			1	2	3	4	5
			Dates in each Week				
<b>Community Groups</b>	<b>Changes/Cancellations may occur due to Bank Holidays or other factors such as the venue being unavailable</b>						
39/45	Third Wednesday	19:30	-	-	-	-	29
Band	Every Friday in the Squirrels	20:00	1	8	15	22	29
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	-	-	-	-	-
Ladies Club	Second Monday	20:00	-	-	-	-	-
Mah Jongg	Second and Last Thursday	13:30	-	-	14	-	28
Singers	Every Wednesday	10:30	-	6	13	20	27
Social — Plot Draw	Every Tuesday	20:30	-	5	12	19	26
Social — Quiz Night	Every Wednesday	20:30	-	6	13	20	27
Whist	Usually first or second Saturday	19:30	-	-	16	-	-
Yoga	Every Tuesday <b>Term Time Only</b>	13:15	-	-	-	-	-
Youth Club	Every Friday	19:30	1	8	15	22	29
<b>Sports Clubs</b>							
Adult Swimming	Every Wednesday	20:00	-	6	13	20	-
Children's Swimming Lessons	Every Saturday <b>Term Time Only</b>	13:30	-	-	-	-	-
Exercise Classes - Body Balance	Every Monday (Currently Suspended)	09:30	-	-	-	-	-
Exercise Classes - Circuit Training	Every Monday	17:45	-	4	11	18	25
Exercise Classes - Pilates Circuit	Every Thursday	09:30	-	7	14	21	28
Exercise Classes - Circuit Training	Every Thursday	18:00	-	7	14	21	28
Exercise Classes - Pilates Circuit	Every Thursday	20:00	-	7	14	21	28
Indoor Bowls	Every Tuesday	20:00	-	5	12	19	-
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	16:45	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

# park dates

Delamere Park community events timetable



September 2014

## Special Events

Saturday September 20	MacMillan Coffee Morning	

Regular Meetings and Activities	Normally meet each month on the day(s) shown below	Time	Week Numbers				
			1	2	3	4	5
			Dates in each Week				
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Band	Every Friday in the Squirrels	20:00	5	12	19	26	-
Bridge	Every Monday — Lodge 19:00 or Clubhouse 19:15		1	8	15	22	29
Coffee Morning	First Thursday	10:30	4	-	-	-	-
Gardening Club	Fourth Monday	20:00	-	-	-	22	-
Ladies Club	Second Monday	20:00	-	8	-	-	-
Mah Jongg	Second and Last Thursday	13:30	-	11	-	25	-
Singers	Every Wednesday	10:30	3	10	17	24	-
Social — Plot Draw	Every Tuesday	19:30	2	9	16	23	30
Social — Quiz Night	Every Wednesday	19:30	3	10	17	24	-
Whist	Usually first or second Saturday	19:30	-	-	-	27	-
Yoga	Every Tuesday <b>Term Time Only</b>	13:15	2	9	16	23	30
Youth Club	Every Friday	19:30	5	12	19	26	-
<b>Sports Clubs</b>							
Adult Swimming	Every Wednesday	20:00	3	10	17	24	-
Children's Swimming Lessons	Every Saturday <b>Term Time Only</b>	13:30	6	13	20	27	-
Exercise Classes - Body Balance	Every Monday (Currently Suspended)	09:30	-	-	-	-	-
Exercise Classes - Circuit Training	Every Monday	17:45	1	8	15	22	29
Exercise Classes - Pilates Circuit	Every Thursday	09:30	4	11	18	25	-
Exercise Classes - Circuit Training	Every Thursday	18:00	4	11	18	25	-
Exercise Classes - Pilates Circuit	Every Thursday	20:00	4	11	18	25	-
Indoor Bowls	Every Tuesday	20:00	2	9	16	23	30
Ju Jitsu	Every Wednesday	19:00	3	10	17	24	-
Squash-Mens Team	Every Thursday <b>) Winter</b>	19:00	4	11	18	25	-
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Squash-Social	Second Tuesday in the Month	19:00	-	9	-	-	-
Table Tennis	Every Tuesday	18:00	2	9	16	23	30
Water Aerobics	Every Wednesday	11:00	3	10	17	24	-
Water-Aerobics	Every Thursday	20:00	4	11	18	25	-

# park dates

Delamere Park community events timetable



## October 2014

### Special Events


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Band	Every Friday in the Squirrels	20:00	3	10	17	24	31
Bridge	Every Monday — Lodge 19:00 or Clubhouse 19:15		-	6	13	20	27
Coffee Morning	First Thursday/Third Monday	10:30	2	-	-	20	-
Gardening Club	Fourth Monday	20:00	-	-	-	27	-
Ladies Club	Second Monday	20:00	-	13	-	-	-
Mah Jongg	Second and Last Thursday	13:30	-	9	-	-	30
Singers	Every Wednesday	10:30	1	8	15	22	29
Social — Plot Draw	Every Tuesday	19:30	-	7	14	21	28
Social — Quiz Night	Every Wednesday	19:30	-	8	15	22	29
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Children's Swimming Lessons	Every Saturday <b>Term Time Only</b>	13:30	4	11	18	25	-
Exercise Classes - Body Balance	Every Monday (Currently Suspended)	09:30	-	-	-	-	-
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Exercise Classes - Pilates Circuit	Every Thursday	09:30	2	9	16	23	30
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Ju Jitsu	Every Wednesday	19:00	1	8	15	22	29
Squash-Mens Team	Every Thursday <b>) Winter</b>	19:00	2	9	16	23	30
Squash- Ladies Team	Every Monday <b>) Only</b>	19:00	-	6	13	20	27
Squash-Junior Coaching	Every Sunday	19:00	-	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

# Contacts

## Community Groups and Sports Clubs

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

**Adult swimming**  
Lynne Shelley  
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**Book Club**  
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**Bridge**  
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**Cricket**  
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**Exercise Classes**  
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**Gardening Club**  
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**Homewatch**  
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**Ju Jitsu**  
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**Ladies Club**  
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**Mah Jongg**  
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**Squirrels**  
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**Tennis**  
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**Water Aerobics**  
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**Whist**  
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**Chairman - Community Groups**  
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**Yoga**  
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**Youth Club**  
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**39/45 Club**  
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## Next Edition of the Newsletter is October 2014

Deadline for receipt of contributions is September 15 2014

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