



Friday Club April – July 2025

April		
25th	Ukulele Pirates (full session)	
May		
2nd	Judy's Mindful Movement Talk on Future Care Planning by Mandy from Paul Sartori	
9th	Judy's Mindful Movement Visit by Therapy dogs /Greyhound rescue & Quiz arr. by Janet	
16th	Qigong with Ifor & Ifor's Quiz	
23rd	Cancelled	BH weekend
30th	Ukulele Pirates (full session)	Whitsun hols
June		
6th	Talk by Tomos Ll. Jones, Community Archaeologist Nat Parks	
13th	Qigong with Ifor & Bingo with Ifor	
20th	Judy's Mindful Movement Poetry with Fran	
27th	Ukulele Pirates (full session)	
July		
4th	Judy's Mindful Movement tbc?	
11th	Judy's Mindful Movement tbc?	
18th	Ukulele Pirates (full session)	
	Summer Hols. Start back 5 Sep	