

Date	Activities
<b>Oct</b>	
1 <sup>st</sup>	Judy's mindful movement Helen Morris guest appearance!
8 <sup>th</sup>	Yoga with Bethany Poetry with Fran
15 <sup>th</sup>	Judy's mindful movement Ifor's Quiz
22 <sup>nd</sup>	Qigong with Ifor Ukulele Pirates
29 <sup>th</sup>	Tony's Country & Western (double session)
<b>Nov</b>	
5 <sup>th</sup>	tba Ian Meopham PCNP
12 <sup>th</sup>	tba
19 <sup>th</sup>	tba Tales with Maria & Ian
26 <sup>th</sup>	tba
<b>Dec</b>	
3 <sup>rd</sup>	tba
10 <sup>th</sup>	tba Make Advent windows with Nadia
17 <sup>th</sup>	tba tba - make Christmas flower arrangement

