



Friday Club Program Sep - Dec 2023

Sep	
8 th	Mindful Movement with Judy Sandra's music quiz
15 th	Mindful Movement with Judy Bingo with Tony
22 nd	Exercises with Helen Film about Pembrokeshire
29 th	Ifor's qigong & Quiz
Oct	
6 th	Ukulele Pirates (full session) (Lesley away)
13 th	Exercises with Helen Megan from National Parks (Ellie - Lesley unwell)
20 th	Ukulele Pirates (full session) (Ellie)
27 th	Mindful Movement with Judy Fran's poetry (Ellie 1 st hour- Lena away)
Nov	
3 rd	Exercises with Helen & Talk by Patrick, Chiropractor (Judy - Lena away)
10 th	Mindful Movement with Judy Felting with Mic (Judy - Lena away)
17 th	Ifor's qigong Craft with Debbie
24 th	Ukulele Pirates (full session) (Ellie? - Lesley away)
Dec	
1 st	Exercises with Helen Megan from National Parks
8 th	Advent windows with Nadia (Nadia & Sue C? - Lena away)
15 th	Ukulele Pirates (full session)



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	<i>Christmas/New Year holidays. Start again 5 Jan 2024</i>
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