

Weekly calendar of EVENTS



	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Morning	STRENGTH + MOBILITY Mathilde Pawsey (m.e.pawsey@gmail.com)	ART CLUB Linda Plant (lindaplant@hotmail.co.uk)	POWERHOOP WITH ELIE Eleanor Sharratt (eliewri24@hotmail.co.uk)		TODDLER MUSIC GROUP - Every other Friday Anna Ducker (annaducker@hotmail.com)		
	PILATES PLEASE - 6 morning sessions each week Lucy Bowditch (lcbowditch@gmail.com)						
Afternoon	BRIDGE CLUB - Last Monday each month Trish Lewis (trishalew@yahoo.co.uk)	BABY & TODDLER Rev Gail Minter (gail@carlfordchurches.org)	STRENGTH + MOBILITY Mathilde Pawsey (m.e.pawsey@gmail.com)	CARPET BOWLS Heather Langdon (heather.langdon@btinternet.com)			
		RAINBOWS & BROWNIES Sharon Proctor (sharon.kf@icloud.com)	456 CLUB Sandra Cresswell (sandra@carlfordchurches.org)				
WOODBIDGE SCHOOL OF DANCE - 2 sessions each week Lauren Clarke (w.s.o.d@live.co.uk)							
PILATES PLEASE - 7 afternoon/evening sessions each week Lucy Bowditch (lcbowditch@gmail.com)							
Evening	FOLK DANCERS John Talbot (john.talbot@grundisburghfolk dancers.uk)	OFFBEAT (Men's choir) Carol McConnell Theobald (carol.joplingmusic@gmail.com)	GADS (Amateur dramatics) Christine Frost (secretary@grundisburghamdram.com)	UPBEAT (Ladies' choir) Carol McConnell Theobald (carol.joplingmusic@gmail.com)			