

Regular Activities at Hopelands

<u>Activity</u>	<u>Day</u>	<u>Time</u>	<u>Room</u>
Pilates	Mon	10.30–11.30am	HH
Indoor Bowling	Mon	2.00-4.00pm	HH
Women’s Institute	Mon	7.30-9.30pm	L
Yoga	Tues	4.00 - 5.30 pm	L
Puddleducks (mother & toddler group for 0-4yrs)	Tues	9.30-11.30am	HH
Ring Craft	Tues	2.00-4.00pm	HH
Line Dancing	Tues	7.30-9.30pm	HH
Parish Council	Tues	7.30-9.30pm	CR
Low Impact Exercise to Music	Wed	10.00-11.00am	HH
Karate	Wed	4.00–6.00 pm	HH
Keep fit with NJ	Wed	6.15 - 7.15pm	HH
Gardening Society	Wed	7.00-9.00pm	L
Local History Society	Wed	7.00-10.00pm	L
Table Tennis	Wed	7.30-10.00pm	HH
Art Class	Wed	10.00-1.00pm	L
T’ai Chi	Thurs	9.30-10.45am	L
Art Class	Thurs	10.00-1.00pm	L
Wildlife Trust	Thurs	7.00-10.00pm	HH
Cinema	Thurs	7.00-10.00pm	HH
Village Lunch	Fri	12.00-2.30pm	HH

<u>Frequency</u>	<u>Contact for Further Information</u>
Weekly	Dawn Arkell 01568 615239
Weekly during winter	Diane Rice 318178
Monthly (2 nd Monday)	Sally Wetherbee 318605
Weekly	Sue Harris 318604
Weekly during school term	Rose Tilbury 318401
Weekly	Diane Sadler 230794
Weekly	Irene Jones 318650
Monthly (4 th Tuesday)	Lorraine Anderson 319076
Weekly	Mandy Ware 387958 07538 218273
Weekly during school term	Lee Taylor 07976 914617
Weekly	NJ 07976 914617
Monthly (2 nd Wednesday)	Anne Cole 318260
Monthly (4 th Wednesday)	Maggie Waldman 319122
Weekly	Dave Hamer 318267
Weekly during school term	Ian Welch 07792 475136
Weekly	Ken Pearce 01432 830332
Weekly during school term	Ian Welch 07792 475136
Monthly (1 st Thursday)	Sean Kingston 01432 769517
Monthly (3 rd Thursday)	Alan Jones 318522
Monthly (last Friday)	Sue McLean 319033

HH – Hackley Hall

L – Lounge

CR – Committee Room

December 2018