

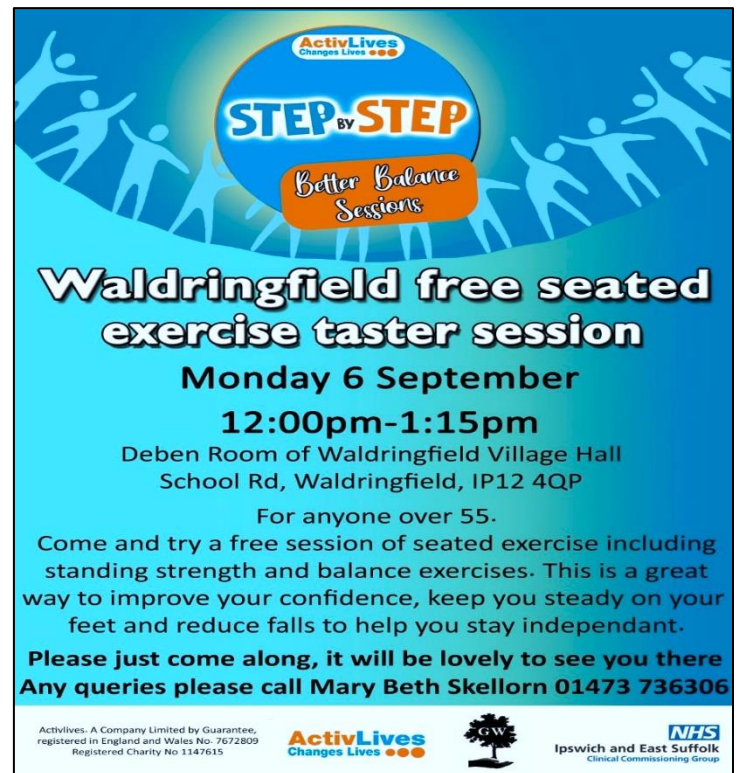
# FOCUS

EVENTS AND NEWS FROM WALDRINGFIELD VILLAGE HALL

Sep/Oct 2021

Waldringfield Village Hall Annual General Meeting will be held on Monday September 13th at 7.30pm. All welcome!

**Greener Waldringfield is arranging for a new class to be held at the Village Hall. If we have enough interest it will be held on a regular basis; as well as an excellent way of socialising with your fellow villagers, attending this class will help with falls prevention**



**Waldringfield free seated exercise taster session**  
**Monday 6 September**  
**12:00pm-1:15pm**  
Deben Room of Waldringfield Village Hall  
School Rd, Waldringfield, IP12 4QP  
For anyone over 55.  
Come and try a free session of seated exercise including standing strength and balance exercises. This is a great way to improve your confidence, keep you steady on your feet and reduce falls to help you stay independent.  
**Please just come along, it will be lovely to see you there**  
**Any queries please call Mary Beth Skellorn 01473 736306**

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**Stretch and Tone** classes continue on Fridays 1pm to 2pm, £8 per session. A great way to strengthen muscles you may not be aware of, plus many other benefits! Please bring a mat. Further information: Di Taylor email: [didee33@hotmail.com](mailto:didee33@hotmail.com)

**Karate lessons** continue but please watch out for possible changes of days for sessions. Any changes will be posted on "waldringfielders". At the moment lessons for all ages are on Tuesdays and Wednesdays from 5.45pm onwards. Call Leonie on 07886423616 or email [evolutionkarateacademy@hotmail.co.uk](mailto:evolutionkarateacademy@hotmail.co.uk). Website: [www.evolutionkarate.co.uk](http://www.evolutionkarate.co.uk)

**Coffee Mornings first Thursday in the month 10am** Please support these popular mornings: The first one will be on Thursday, 2<sup>nd</sup> September.

**Price: £3.00 for coffee/tea and cake.**

**Would you like to join the coffee morning team? We would be delighted to welcome you, just ask one of us on the day!**

**The monthly lottery draw also happens at these friendly and welcoming mornings.**

We are delighted to welcome Mel Menhams and her mobile shop Cupboard Love:  
[www.cupboardlove.shop](http://www.cupboardlove.shop)

**She will be at the September 18th Repair Cafe day and afterwards every other Friday 10.30 to 12.30 as from October 1st so you can shop at both the post office and "Cupboard Love" at the same time**

Tony Boardman of Tone Pilates runs Pilates classes on Tuesdays at 9:30 am at the Village Hall. Move your body, free your spine, breathe, and build those longer, leaner muscles!

A very enjoyable class as well as essential for keeping muscles active in order to support your body.

More information: [www.tonepilates.co.uk](http://www.tonepilates.co.uk) Tony Boardman 07964 325783

*Tony has 10 years' experience of teaching the Joy of Movement and is a STOTT Pilates certified instructor*

**Wine club** re-commences on Thursday 14th October in the Kennedy Room at 7.30pm.

Other dates: November 18th and December 9th. David Eaton 736754

Most Saturday mornings: **Acrogyrnastics**. A mixture of Acrobatics, Gymnastics and Dance this training will improve your child's flexibility and mobility whilst learning skills such as forward and backward rolls, headstands, handstands, cartwheels, tumbling and walkovers.

If your child is often jumping off the sofa showing you their new tricks, then this is the class for them!

For more information: Faye Meakin <http://dilysdancestudio.co.uk> 07881 360 191  
E [info.dilys@gmail.com](mailto:info.dilys@gmail.com)

*"The Seasons Art Class" is commencing on Wednesdays as from September 15th, both morning and afternoon classes. At the moment it is fully booked but there may be spaces in the new year, please phone Jenny McEvoy on 07764 608160 or 01394 248434*

## REGULAR EVENTS

- Monday** Post Office Van 11am-12.30 *by the large oak tree in the car park - please always leave that space free as otherwise electronic transactions may be hindered.*
- Tuesday** Pilates 9.30am *Tone Pilates* 07964 325783 [www.tonepilates.co.uk](http://www.tonepilates.co.uk)  
Social Club/Badminton *John Nayler* 736228  
Parish Council Meetings *Parish Clerk* 01394 271551  
Karate [evolutionkarateacademy@hotmail.co.uk](mailto:evolutionkarateacademy@hotmail.co.uk)
- Wednesday** Post Office Van 11am-12.30 *by the large oak tree in the car park - please always leave that space free as otherwise electronic transactions may be hindered.*  
Karate [evolutionkarateacademy@hotmail.co.uk](mailto:evolutionkarateacademy@hotmail.co.uk)  
Bridge Club *Norman Rea* 736577
- Thursday** Art Group 1pm-4pm *Kit Clark* 736670  
History Group 2pm-5pm (Thursday 9<sup>th</sup> September and Thursday 14<sup>th</sup> October)  
Wine Club (from 14<sup>th</sup> October) *David Eaton* 736754
- Friday** Post Office Van 11am-12.30 *by the large oak tree in the car park - please always leave that space free as otherwise electronic transactions may be hindered.*  
Stretch & Tone 1-2pm *Di Taylor* 07748 611730

## Dates for your diary

- 2<sup>nd</sup> September Coffee Morning  
4<sup>th</sup> September Waldringfield Gardeners Produce Show (*Betsy Reid* 736506)  
6<sup>th</sup> September Seated Exercise Taster session  
9<sup>th</sup> September History Group 2pm-5pm  
13<sup>th</sup> September Waldringfield Village Hall AGM, 7.30pm  
15<sup>th</sup> September The Seasons Art Class  
18<sup>th</sup> September Greener Waldringfield Sustainability Day and Repair Café  
(*Betsy Reid* 736506)  
7<sup>th</sup> October Coffee Morning  
14<sup>th</sup> October History Group 2pm-5pm  
14<sup>th</sup> October Wine Club recommences  
4<sup>th</sup> November Coffee Morning  
18<sup>th</sup> November Wine Club  
2<sup>nd</sup> December Coffee Morning  
9<sup>th</sup> December Wine Club

Bookings: [waldringfield.onesuffolk.net/our-village/village-hall/villagehall.bookings@btinternet.com](http://waldringfield.onesuffolk.net/our-village/village-hall/villagehall.bookings@btinternet.com)

'Focus' headteacher@waldringfield.suffolk.sch.uk