

**PROGRAMME OF REGULAR ACTIVITIES – WINTER 2012.**

	<b>TIMES</b>	<b>ACTIVITY</b>	<b>CONTACT</b>
<b>MONDAY</b>	8.30am – 12.30pm	<b>Community Gym</b>	Jim Clinch 01692 536890
	1.30pm – 4.00pm	<b>Computer class</b>	Jamie Nickerson 01692 630553
	5.15pm – 8.00pm	<b>Computer class</b>	Jamie Nickerson 01692 630553
	7.00pm – 10pm (3rd week in month)	<b>Gardening Club</b>	David Skipper 01692 536140
	7.30pm – 9.00pm	<b>Indoor bowls.</b>	David Hickin 01692 536895
<b>TUESDAY</b>	10.00am – 11.00am	<b>WI Exercise Group</b>	Monica Riley 01692 630336
	2.00pm – 4.00pm	<b>Indoor bowls</b>	David Hickin 01692 536895
	6.00pm – 7.00pm	<b>Youth Band Norfolk Wherry</b>	Jan Bowen 01603 714911
	7.00pm – 10pm	<b>Norfolk Wherry Brass Band</b>	Jan Bowen 01603 714911
<b>WEDNESDAY</b>	8.30am – 12.30pm	<b>Community Gym</b>	Jim Clinch 01692 536890
	1.00pm – 4.00pm (3 <sup>rd</sup> week in month)	<b>WI</b>	Ann Russell 01692 405295
	6.00pm – 7.45pm	<b>Yoga</b>	Clare Badham 01692 598022
	7.45pm - 8.45pm	<b>Pilates</b>	Cheryl Pell (WISE) 01692 536325
	7.00pm – 9.00pm (2 <sup>nd</sup> week in month)	<b>Knit &amp; Stitch (Meeting Room)</b>	Penny Graham-Jones 01692 630949
<b>THURSDAY</b>	9.30am – 12noon (2 <sup>nd</sup> & 4 <sup>th</sup> week in month)	<b>Friends &amp; Neighbours</b>	Pat Lynn 01603 783479
	6.00pm – 10.00pm (except when Neatishead Parish Council meets).	<b>NABS</b>	Claire Penstone- Smith 01692 630580
<b>FRIDAY</b>	10am – 12.30pm	<b>Bridge Lessons and club.</b>	David Smith 01692 630602
	5.00pm – 7.00pm	<b>Youth Club</b>	Patrick Palgrave-Moore 01692 631231
<b>SATURDAY</b>	9am – 12noon (2 <sup>nd</sup> week in month)	<b>Farmers' Market</b>	Dolly Newcombe 01692 536354
<b>SUNDAY</b>	8.30am -12.30pm	<b>Community Gym</b>	Jim Clinch 01692 536890