

	TIMES	ACTIVITY	CONTACT
MONDAY	10.00am -2.45pm	Mobile Gym	Wyn 01263 516305 07795 265671
	11.00am –12noon	Natural Therapy Walks	Jane Norman 01263 516305
	1.30pm – 4.00pm Meeting room	Computer Class	Jamie Nickerson 01692 630553
	6.00pm – 7.15pm	Keep Fit	Haley Cawthorne 01692 630553
	6.30pm – 8.30pm Meeting Room	Computer Class	Jamie Nickerson 01692 630553
	7.30pm – 9.00pm	Carpet Bowls	David Hickin 01692 536895
TUESDAY			
	6.00- 7.00pm	Youth Section Norfolk Wherry Brass Band Main Band	Jan Bowen 01603 714911 You are welcome just to come and listen.
	7.00 – 10.00pm		
WEDNESDAY	11.00 – 1.00pm	Tai Chi	Elaine 01603 466120
	1.00 – 5.00pm	WI (3rd week in month)	Doreen Dean 01692 630637
	7.00 -10pm	Gardening Club (1st week in month)	Dolly Newcombe 01692 536354
	7.30 – 8.30pm (except 1 st week in month)	Pilates	WISE 01692 631189
THURSDAY	9.30 – 12noon (2 nd & 4 th week in month)	Friends & Neighbours	Pat Lynne 01603 783479
	2.00 – 4.00pm (3 rd week in month)	Tea Dance	Mel Brown 07826 869377
	6.30 – 8.00pm	Yoga	Clare Badham 01692 598022
FRIDAY			
	Various	Art Group	Pat Palgrave-Moore 01692 631231
	5.00 – 7.00pm	Youth Club	Pat Palgrave-Moore 01692 631231
SATURDAY	9.00am – 12noon (2 nd week in month)	Farmers' Market	Dolly Newcombe 01692 536354