



## Group Focus ~ Gentle Keep Fit for over 50's

This exercise class began in 2011. We meet every Tuesday afternoon from 2pm – 3pm and the cost is £2.50 per session.

The session starts with a seated warm up to gently coax our bodies into a more active mode. We do a variety of sequences which exercise the whole body with special emphasis on balance and coordination. These can be done seated or standing, depending upon your physical abilities. The most important aspect of the class is to have FUN! We laugh a lot and chat between tunes. The session finishes with a short seated cool down. Why not come and give us a try.

**Just drop in any Tuesday or  
contact the instructor Eileen on 01670 787308 or  
E-mail [eacameron52@gmail.com](mailto:eacameron52@gmail.com)**

## Contact Us



### Management Committee Contacts:

**Bookings:** Carol Burnett 01665 581 126  
**Treasurer:** Gill Bray 01665 575 196



**Email:** [shilbottlecommunityhall@gmail.com](mailto:shilbottlecommunityhall@gmail.com)



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# Shilbottle Community Hall

A Resource for All the Community

## What's On ~ Mar - Apr 2014



Welcome to the second edition of "What's On" for 2014.

Thank you to everyone who has supported the Hall during the first two months of 2014. In March and April we have a variety of events happening ~ the usual Quiz Nights and Film Nights along with the Spring Fayre and the return of the Afternoon Bingo sessions.



We hope to see you at some of the events.



The Management Committee  
Our thanks to the **Lendrum Family Community First Fund** for their support in meeting the costs of producing this leaflet.



## QUIZ NIGHT ~ doors open 6.45pm for a 7pm start Friday March 14th & Friday April 11th



Why not come along for a fun night out? £2 per person with teams of up to 6 people. Bring your own drinks and nibbles. Raffle and Spot prizes.

## FILM NIGHTS ~ doors open 6.45pm for a 7pm start Fridays March 28th & April 25th

Look for notices at the hall for details of the film being shown. Free entrance ~ donations to hall funds welcome. Refreshments on sale



## AFTERNOON BINGO & AFTERNOON TEA Thursdays March 20th & April 24th

1.30pm—3.00pm



Come along and join in the fun. Enjoy a cup of tea with cake or biscuits with old and new friends.  
£1 per person includes first card. Eyes down at 1.30pm

## SPRING FAIR Saturday April 26th

Raffle, tombola, cakes & produce, domino card, books, refreshments, children's games and more.

*Watch out for details of a Spring themed Competition for Children!*

**Entrance: Adults £1, Children 50p ~ includes a drink & biscuit.**

 Stalls not raising money for the hall £5 a table. To book a stall contact Gill Bray.

## COFFEE MORNING & BOOK EXCHANGE Saturday March 22nd from 10am

Come along from 10am for a cup of tea or coffee and a chat. Raffle, book exchange and stalls. Free admission



## the 200 Club

### SHILBOTTLE COMMUNITY HALL 200 CLUB

There are still some numbers available in the 200 Club. Winning numbers are announced monthly and the winners names listed at the Hall.

If you'd like to join the 200 Club, please fill in a form at the Hall or contact Gill Bray (*details on the back of the leaflet*).

## TV CELEBRITY HOSTED CHARITY QUIZ

in Aid of Cancer Research  
Saturday May 24th @ 1.30pm  
in Shilbottle Community Hall

Tickets £15 per head  
includes quiz entry & buffet lunch  
Teams of 2 - 6 people  
Contact Sharon on 01665604219  
for tickets and further details  
Entry by ticket only. Over 16s only. No photography.



## YOGA WORKSHOP Saturday March 1st

Claire will be running one of her Yoga workshops at the Hall. If you would be interested in attending, please contact her:  
Email: [clairejstewart40@gmail.com](mailto:clairejstewart40@gmail.com)



The hall is available to hire for private parties, an hour of badminton or other events, groups or meetings subject to availability. We are always looking for new groups to use the hall. Please contact Carol for details (see the back of leaflet).



## Regular Groups

### Monday

Monday Club  
1.30pm—3.30pm

Junior Youth Group  
6.00pm—7.45pm

### Tuesday

Over 50s Keep Fit  
2.00pm—3.00pm

Carpet Bowls  
7.00pm—9.00pm

Clooties Group  
6.30pm—8.30pm

### Wednesday

Recreational Art Group  
Irene Hildson  
9.30am—12.30pm

### Thursday

Toddlers  
9.00am—12.00pm

Senior Youth Group  
6.30pm—8.30pm

### Over 60s

(2nd Thursday of the Month)  
6.30pm—9.00pm

Shilbottle W.I.

(3rd Thursday of the Month)  
7.15pm—9.00pm

### Friday

Art Class  
Fiona White  
10am—1pm

Sing with Me  
1.30pm—2.30pm

Ruth Darby also runs Spanish lessons through the year ~ for details please contact Ruth on 01665581372