



# Staplegrove

## Village Hall

### ACTIVITIES FROM SEPTEMBER 2018

<b>MONDAY</b>	9.30 am	KEEP FIT	Rosemary: 01823 421823
	10.45 am	KEEP FIT (for the over fifties)	“
	9.30 am	TAI CHI SHIBASHI	Jackie: 07949 735139
	10.45 am	ZUMBA GOLD	“
	2.00 pm	SHORT MAT BOWLS	Heather: 01823 289128
	6.45 pm	BRIDGE	Louise: 01823 335387
	8-9 pm	IYENGAR YOGA (Introductory)	Tessa 07960 796463
<b>TUESDAY</b>	10.00 am	ART	Ron 01823 338253
	4.00 pm to 8.30pm	DANCING INSTRUCTION	Susanne: 01823 283540
	6.30 pm	DAISY Ante natal exercise	Ali: 07989 975460
<b>WEDNESDAY</b>	10.00 am	T'AI CHI	Malcolm: 07817 395510
	2.00 pm	SHORT MAT BOWLS	Heather: 01823 289128
		Not 1 <sup>st</sup> Weds of month	
	5.30 pm	IYENGAR YOGA	Tanya 07903 079939
	6.00 pm	SCOTTISH COUNTRY DANCING for beginners	
	7.30 pm	SCOTTISH COUNTRY DANCING	Bob: 01984 618479
<b>THURSDAY</b>	7.15 pm	SUGARCRAFT COURSE	Jean: 01823 327640
	9.30 am	PILATES	Jo: 01823 336126
	10.45 am	PILATES (Gently)	“
	10 am	DAISY TINIES	Ali: 07989 975460
	2.00 pm	ART	Mo: 01823 432625
	7.15 pm	SHORT MAT BOWLS	Heather: 01823 289128
	<b>FRIDAY</b>	9.30 am	SOCIAL SERVICES Mini Day Centre
10 am		IYENGAR YOGA (Intermediate)	Susan Vassar: 01643 862976
4.00 pm to 8.30 pm		DANCING INSTRUCTION	Susanne: 01823 283540
<b>SUNDAY</b>	6.30 pm	TAUNTON NATIONAL SPIRITUALIST CHURCH	Jane: 01823 334519

#### MONTHLY MEETINGS

**COMMUNITY COFFEE MORNING** for all Staplegrove residents

<b>1<sup>st</sup> Tuesday of month 10.30 am to 12 noon</b>	Mrs Margaret Taylor	tel: 01823 271570
<b>LOCAL HISTORY SOCIETY 4<sup>th</sup> Mon</b>	Mrs Janet Woodburn	tel: 01823 284522
<b>STAPLEGROVE WOMEN'S GROUP</b>	Mrs Marion Coombes	tel: 01823 284236
<b>U3A GARDENING CLUB 3<sup>rd</sup> Weds</b>	Mrs Kathy Frith	tel: 01823 332196

**STAPLEGROVE VILLAGE HALL HAS TWO HALLS AND A COMMITTEE ROOM AVAILABLE FOR LETTING.**

**Bookings: e-mail [staplegrovevh@gmail.com](mailto:staplegrovevh@gmail.com)**