



TIMETABLE OF WEEKLY ACTIVITIES

MONDAYS: *ART CLASSES with Eileen Stevens 9.30 = 12.30 - 07879 427747 LADIES*

UNLIMITED- A social group meet the 3rd Monday of the month in the Cafe 9.45 to 12.15. Christine Stewart 01872 863077 - *MUMS AND TOTS DANCE EXERCISE* with Clare Hamilton 07957 379006 10am to 11am - *V.I.P's* Our visually Impaired Guitar Group meet every second Monday afternoon 1pm -3pm. If you like music would like to practice playing the guitar, have a visual problem, come and join them. Don't have a guitar, no problem they can bring one for you just give Michael Reeves a ring on 01326 317888. *PILATES* with Caroline Evans 5.45-6.45 and 7.00pm to 8pm in the Cafe 07929 926797 *HEARTFELT FLOWING YOGA* - 6.30pm to 8.00pm Exercise for both body and mind, strength and positivity. Kathryn has invited new students to come along for a free trial session. Just give her a call Kathryn Lindsay 07980 254089. Happy Yoga for Men with Heinke Thies 07734 872474 *ST. GLUVIAS PARISH COUNCIL* 7pm to 10pm. 2nd Monday of the month in the Meeting Room. Public participation is always welcome. Parish Clerk Mary Gosling 01209 842255

TUESDAYS *CAFE* is open 10.30 to 2.00pm Refreshments, snacks, lunches + homemade

"delicious" cakes. Also a new venture Pre-loved clothes, for all ages so come along and browse some lovely items for sale or perhaps you have something lurking in the wardrobe bring it along and our volunteers will register it and put it on sale! *DANCE FIT* from 9.30 to 10.30 Call Emma Skillton on 07772 542143 - 9.30 TO 4.30 *FEET UP* Mobile Foot Clinic with Karen Myers 01872 834567 - 7.00pm - 9.30pm *AIKIDO* This is a traditional Japanese Martial Art involving weapons training, empty hand techniques such as throws and pins, working with multiple attackers in a non-competitive friendly environment. Suitable for all, regardless of size or sex, age must be over 18. They do a monthly Saturday Morning class and are hoping to start "Class for Kids after Easter Ring Jonathan Sharp 07792 048350 - *HAPPY YOGA* with Heinke Thies 8pm to 9pm in Cafe 07734 872474.

WEDNESDAY 9.30 TO 10.30am and 10.45 to 11.45am *PILATES* with Caroline Evans ,

07929 926797 - *PONSANOOTH COMMUNITY TODDLER GROUP* - Jax Quinn, 07970 179329 - 1.30pm to 3.30pm *CRAFT CLUB* - All kinds of everything to do with crafting - SueJ - 01872 864825 - 4.45 - 5.45 **FLAMENCO DANCE** Class with Claudia Caolin. Give her a ring on 07949 535548 - 6pm to 8pm *AEROBICS* and *BOXERCISE* a great fitness programme with Shore2Shore - Kris Lampshire 07716 150543. - A touch of the exotic, *ARGENTINE TANGO* with Biljana Lipic Call her on 07966 457863 for private lessons. 6pm - 9pm. Discover a great way to relax with someone who really can teach you how to draw, and enjoy it - evening Art Classes with Eileen Stevens in the Meeting Room- 07879 427747!

THURSDAY *YOGA WITH SARAH* Develop strength flexibility, learn breathing and concentration - Call Sarah Caine 01326 311626, The Cafe is open from 10.30 to 2pm - 1.00pm *DANCE FITNESS* with Emma Skelton 07772542143, (resumes November) 01326 564329. 2pm - 4pm *FRIENDSHIP CLUB* - a social club with quizzes, bingo and other activities and they also have outings, call Doris 01326 372903 or Sylvia 01209 861582 - - *BELLY BOLLY* with Liz. Dance yourself flexible and fit and enjoy a hint of the exotic – Starters and Improvers 6.30pm to 7.30pm, and advanced classes 7.30 to 8.30 Phone Liz Newman 01326 564744 -

FRIDAY The Cafe is open from 10.30 to 2pm. Main Hall 9.30 - 10.30 *PILATES* and 10.45 to 11.45 *PILATES* with Caroline Evans 07929 926797 - *FILM NIGHT* usually fourth Friday of the month 7.30 to 10 a social evening with tea/coffee and biscuits, also a raffle with "across the board" Films, phone Imogen Holmes for info 01872 864021). - Ballroom/Latin Dance practice twice monthly with Val Rice from 7.15 - 9.15 - 07772 902856

SATURDAY First Saturday of the month is the *VILLAGE MARKET*, This has a really good atmosphere with a great variety of stalls including cakes, veg, eggs, plants and crafts Refreshments, teas, coffees, bacon baps and Cakes. also a raffle. We are always happy to welcome new Sellers and as most of our SELLERS are local they would appreciate your support! Have you something to sell then book a table Tables cost £5.00 For info: call Anita 01872 859026 or Maria 01872 862835.

SUNDAY Third Sunday of the month Chapel Worship and Chapel Lunch in the Cafe. and Main Hall is available for parties and workshops or special celebrations such as Weddings and Anniversaries

*** Many of our classes take place during School Term so please check with Tutors if they are continuing through Half Term and holidays.

Ponsanooth Hall is a Community Hall and available for rental with reasonable fees.

On the Mezzanine Floor:

- A. Consultation Room, ideal for one to one Meetings, Counselling, and Beauty Treatments with Refreshment Facilities and adjacent Toilet, stairs and Lift Access
- B. Board Room/Meeting Room also with Lift Access equipped with tables and comfortable upholstered chairs, a chalk board and a film projector.

The whole Mezzanine Floor can be hired and is ideal for Board Meetings/Training Session, Workshops and classes.

The Main Hall for all kinds of classes, activities, Film Night, Race Nights, Parties, Wedding Receptions, Ceile Nights, social activity nights and of course the large kitchen with Serving Hatch makes it a great venue for children's birthday parties and all kinds of celebrations!

The Cafe downstairs is also available with more intimate tables and chairs for smaller celebrations and relaxed meeting place. It has kitchen facilities and also a film projector.

There is free Wi-Fi available throughout the building and a very good sound system. To book a room or for any information please call Maria on 01872 862835 or 07532 323247.