

# REGULAR ACTIVITIES AT THE COMMUNITY CENTRE & VENUE ON THE GREEN

MORNING

AFTERNOON

EVENING

## MONDAY

<b>YOGA</b> <b>Held in the Garden Room</b> Sarah Holland 01342 822312	09:30 - 10:30		19:15 - 20:15 MAIN HALL
<b>U3A BRIDGE CLUB</b> <b>Held in the Main Hall</b> Peter Lamb 01342 313240	09:30 - 12:30		
<b>CHAIR YOGA</b> <b>Held in the Garden Room</b> Carine Seror 07392 901082	11:00 - 12:00		
<b>FOREST ROW DUPLICATE BRIDGE</b> <b>Held in the Main Hall</b> Linda Souter 01342 718050		13:00 - 17:00	
<b>LIP READING CLASS</b> <b>Held in Garden Room</b> Hilary Lagden		13:00 - 14:30	
<b>YOUTH CLUB (Year 5+6)</b> Held at The Venue on the Green Mel Mesher 07736 637355		15:30 - 18:30	
<b>YOGA</b> <b>Held in the Garden Room</b> Tracey Wilkinson 07885 285294			19:15 - 20:30

## TUESDAY

<b>PILATES</b> <b>Held in the Main Hall</b> Fiona Payne 07950526849	09:15 - 10:15		
<b>ART CLUB</b> <b>Held in the Rose Room</b> U3A Class	11:00 - 13:00		
<b>BEGINNER BRIDGE CLASS</b> <b>Held in Garden Room</b> U3A Class		14:00 - 16:00	
<b>YOUTH CLUB (12 - 16 Year olds)</b> <b>Held in the VENUE on the GREEN</b> Mel Mesher 07736 637355		15:30 - 18:30	
<b>ITALIAN CONVERSATION LESSONS</b> <b>Held in the Rose Room</b> Private Hire			19:00 - 20:00
<b>SINGING FOREST CHOIR</b> <b>Held in the VENUE on the GREEN</b> Naamah Pinkerfeld 07811837381			19:15 - 20:45
<b>YOGA</b> <b>Held in the Main Hall</b> Diane Roberts 07811 209493			19:30 - 21:00

## WEDNESDAY

<b>YOGA</b> <b>Held in the VENUE on the GREEN</b> MIRA SHIRLEY 0797 66556056	10:30 - 11:30		
<b>GAGES COMMUNITY LUNCHES</b> <b>Held in the Main Hall</b> Home cooked lunches. Everyone welcome		12:30 - 13:45	
<b>YOUTH CLUB (12 - 16 Year olds)</b> <b>Held in the VENUE on the GREEN</b> Mel Mesher 07736 637355			
<b>REIKI HEALING</b> <b>Held in the Garden Room</b> Private Hire			18:30 - 21:30

THURSDAY			
<b>YOGA</b> <b>Held in the Garden Room</b> Sarah Holland 01342 822312	09:30 – 10:30		
<b>SINGING FOREST CHOIR</b> <b>Held in the VENUE on the GREEN</b> Naamah Pinkerfeld 07811837381	10:30 – 12:00		
<b>GAGES COMMUNITY LUNCHES</b> <b>Held in the Main Hall</b> Home cooked lunches. Everyone welcome		12:30 – 13:45	
<b>THURSDAY CLUB</b> Sandra Aylen 01342 822661	1 <sup>st</sup> & 3 <sup>rd</sup> Thursday	14:00 – 15:30	
<b>YOUTH CLUB (12 – 16 Year olds)</b> <b>Held in the VENUE on the GREEN</b> Mel Mesher 07736 637355		15:30 – 18:30	
<b>YOGA</b> <b>Held in the Rose Room</b> <b>Kim Leys</b>			18:15 – 19:45
<b>YOUTH CLUB (14 – 18 year olds)</b> <b>Held in the VENUE on the GREEN</b> Mel Mesher 07736 637355			18:30 – 21:30

FRIDAY			
<b>YOGA</b> Diane Roberts 07811 209493	09:30 – 11:00		
<b>YOGA</b> <b>Held in the VENUE on the GREEN</b> Jude Cutler <a href="mailto:jade@artisticlicenceagency.com">jade@artisticlicenceagency.com</a>	10:00 – 11:00		
<b>GAGES COMMUNITY LUNCHES</b> <b>Held in the Main Hall</b> Home cooked lunches. Everyone welcome		12:30 – 13:45	
<b>YOUTH CLUB (Years 5+6)</b> Held at The Venue on the Green Mel Mesher 07736 637355		15:30 – 18:30	
<b>GUITAR LESSONS</b> <b>Held in the Main Hall</b> Alt Guitar School		17:30 – 19:30	

SATURDAY			
<b>FOREST ROW MARKET</b> Emily Pyle <a href="mailto:frmarketmanager@gmail.com">frmarketmanager@gmail.com</a>	Held on the 1 <sup>st</sup> Saturday of Every month from March - December	10:00 – 15:00	
<b>REPAIR CAFÉ</b> <a href="mailto:repaircafe@fr@gmail.com">repaircafe@fr@gmail.com</a>	Held on the 3 <sup>rd</sup> Saturday of The month	10:00 – 13:00 Last orders taken at 12:30pm	
<b>SINGING WORKSHOP</b> <b>HELD IN THE GARDEN ROOM</b> Rhyll Godber 07587 119544	Please contact Rhyll Godber for details	14:00 – 16:30	
<b>HIGH FIVE GROUP</b> <b>Held in the Venue</b> <b>Private Hire</b>	Held every 2 weeks	14:00 – 17:00	

This information was correct on the date published but classes may be subject to cancellation