



8 – 14 March 2010  
Events and Activities this week

HazelCourt

### Monday 8 March

#### Reading Group

#### 9.30 am Exercise Room

This monthly group is run by the University of the Third Age. For more information about the U3A and how to join phone Pat Herbert on **01792 405920**

#### Learn Italian

#### 9.30 am Craft & Hobbies Room

This weekly group is run by the University of the Third Age. For more information about the U3A and how to join phone Pat Herbert on **01792 405920**

#### Stroke Association Communication Group

#### 10.00 am – 12.00 pm Community Hall

The group is for stroke survivors who have communication difficulties. If anyone is keen to attend they should contact Rebekah on **01792 702222 ext 4232** and she will arrange a home assessment visit.

#### Family Martial Arts.

#### 5.30 – 8.00 pm Community Hall

These sessions are run by a qualified instructor and are suitable for all ages and experience. Drop into the Community Hall to find out more.

#### Pilates

#### 6.00 – 9.00 pm Exercise Room

A qualified tutor leads this new Pilates group and all are welcome to join. For more information come to the Exercise Room and talk to Mandy who is the group leader.

### Tuesday 9 March

#### Make new friends

#### 10.00 am Terrace Restaurant

Would you like to meet new people, find a new interest or just meet for coffee? Drop into the Terrace Restaurant to find out more.

#### Pilates

#### 10.00 – 11.00 am Community Hall

Everyone is welcome to join this exercise group. A small charge is made for each session. These sessions are run by a qualified instructor and are suitable for all ages and experience.

### Tuesday 9 March continued

#### Craft & Stitching Class

#### 9.30 am Craft & Hobbies Room

This class is suitable for all abilities and everyone is welcome. To find out more about the classes and how you can join phone **Sue Talbot on 01792 428423**

#### Creative Writing

#### 10.00 am – 12.30 pm Exercise Room

This monthly group is run by the University of the Third Age. For more information about the U3A and how to join phone Pat Herbert on **01792 405920**

#### Gentle Chair Exercises

#### 11.00 am – 12.00 pm Community Hall

Join our low impact exercise class. It's a great way to meet new people, have fun and strengthen muscles.

#### The Hazel Court Choir

#### 1.00 pm Community Hall

If you would like to join our Choir come along to the Community Hall where you will receive a warm welcome.

#### The Performance Academy

#### 4.00 pm Community Hall

These weekly sessions are designed for the once a week pupil who wishes to have fun whilst learning the key skills required for performing. You could learn dance, drama and musical theatre. Suitable for ages 6+ up.

For more information phone **01792 323430** or **07887644596**

### Wednesday 10 March

#### Beginners Art Group

#### 9.30am – 12.30 pm Craft & Hobbies Room

This informal art group is ideal for anyone who would like to try Art for the first time and everyone is welcome. There is a charge of £4.00 per session.

#### Bosom Friends Yoga

#### 10.00 am – 12.00 pm Community Hall

Bosom Friends invite any breast cancer patients to their gentle Yoga exercise and relaxation class each Wednesday during term time. There is a session fee of £4.50 For more information please contact Maureen on **206345** or Carol on **202967**.

#### Walk, Talk and Tea

#### 11.30 am Meet at Reception

Come along for an accompanied group walk. Chat and make new friends while getting some gentle exercise, then back to the Terrace Restaurant for tea or coffee.

## Wednesday 10 March continued

### Pilates

#### 1.00 – 2.00 pm Community Hall

This small friendly exercise group is ideal if you want to improve your fitness. A small charge is made for each session. If you are interested in joining the group drop into the Community Hall or phone Jo on **07855261392**

### Art Class

#### 1.30 – 3.30 pm Craft & Hobbies Room

This art class is open to everyone and suitable for all skill levels. There is a charge of £3.00 per session. For more information contact Suzanne on **01792 202986**

### Hazel Court Craft Group

#### 2.00 pm Craft & Hobbies Room

Every Wednesday a small, friendly Craft Group meets in the Craft & Hobbies room. The Group has covered a wide range of craft activities that include Salt Dough Modelling, Jewellery Making, Egg Decorating and Patchwork. At the moment they are making Easter bonnets for an Easter Bonnet Parade in the Community Hall on Thursday 1 April 2010. If you would like to join them come along to the Craft & Hobbies Room on Wednesday afternoons.

### Family Martial Arts

#### 5.30 – 8.00 pm Community Hall

These sessions are run by a qualified instructor and are suitable for all ages and experience. Drop into the Community Hall to find out more.

## Thursday 11 March

### French Conversation

#### 9.00am – 1.00 pm Craft & Hobbies Room

This friendly class is run by the University of the Third Age. For more information about the U3A and how to join phone Pat Herbert on **01792 405920**

### Falls Prevention Class

#### 10.00 am - 12.00 pm Exercise Room

Are you concerned about your balance or feel unsteady? This gentle exercise class aims to improve the balance of people aged 50 and over. For more information phone Tim Gill on **01792 635093**.

### Charity Patchwork Group

#### 2.00 pm Craft & Hobbies Room

This Group is open to everyone and is suitable for all skill levels. To find out more phone Pearl on **07792814708** or come to the Craft & Hobbies Room on Thursday afternoon.

### Yoga

#### 6.30 – 8.30 pm Community Hall

Yoga's primary emphasis is on general well-being and can be of benefit to people of all ages. This new class is a great opportunity to exercise and make new friends. For more information contact Gill on **01792 882313**.

## Friday 12 March

### Digital Media for Fun

#### 9.00 am Craft & Hobbies Room

If you are interested in photography and computers this is the class for you. The class is run by the University of the Third Age and if you would like more information contact Pat Herbert on **01792 405920**

### Informal Art Group

#### 1.00 – 5.00 pm Craft & Hobbies Room

This group is open to anyone who would like to paint or draw in the peaceful company of fellow artists. There will be no formal structure to the sessions and no tuition.

## Saturday 13 March

### 6 Nations Rugby

#### Wales v Ireland

#### 1.30 – 7.00 pm Community Hall

Join your friends to watch the game in the Community Hall.

The Terrace Restaurant is doing a Rugby special – Cawl, Crusty Bread and a beer for £4.95. Tickets are now available from the Restaurant.



### Artful Dodgers Art Group

#### 2.00 pm Craft & Hobbies Room

Did you know that Hazel Court has its very own art group? If you are interested in painting and would enjoy the company of fellow artists for a few hours on Saturday afternoon why not come to the Craft & Hobbies Room at 2.00 pm and have a chat with the members.

### Scrabble & Games Club

#### 2.30 – 5.00 pm Exercise Room

We now have a wide variety of board games available so why not join this friendly group for some fun on Saturday afternoons.

### Saturday Night Bingo

#### 7.30 pm Community Hall

Why not join your friends and neighbours for an evening of fun and companionship.

## Sunday 14 March

### Parklands Church Youth Group

#### 11.30 am Community Hall

Young people do not have to be church members to join this group.

If you know someone who might be interested in spending time with them they could drop in on Sunday and speak to Keefe, who is the group leader.

friendship

Activities and events at Hazel Court are open to tenants and people from the community.

