

# REGULAR GROUPS AND ACTIVITIES – ALL WELCOME!

**Booking for most activities is not normally required so just turn up unless otherwise specified**

What	When	Where	Notes	
Coffee Mornings	Monthly	Last Wednesday, 11am-12noon	Village Hall (usually)	Donations to charity of the month
Ladies Lunch	Monthly	First Wednesday, 12.30-2	Fox & Goose	Book a place at the pub 763239
Old Gits	Weekly	Wednesday, 8.30ish onwards	Fox & Goose	Men meeting up for a drink
First Friday	Monthly	First Friday, 8.30ish onwards	Fox & Goose	Village get together for a drink
Art Club	Weekly	Thursday, 10am-12noon	Village Hall	All abilities. £2.
Book Club	Every 6 weeks	Thursday, 7.15pm	Village Hall	Meetings: 22 Feb, 4 Apr, 16 May, 27 Jun
Craft Group	Monthly	Second Wednesday, 2pm-4pm	Village Hall	
Knit & natter	Weekly	Tuesday, 2pm-4pm	Pavilion Stores/Café	
Goosebumpers	Weekly	Tuesday (usually)	Tide dependent	Swimming. Phone 763821 for more info
Pilates	Weekly	Monday, 6pm-7pm	Village Hall	£6. Arrive early if it's your first time
Yoga	Weekly	Wednesday, 5.45-6.45 & 7pm-8pm	Village Hall	£7 per session or £35 for six. Book 07900 894029
Zumba	Weekly	Thursday, 6pm-7pm	MUGA/Village hall	£5. At Village Hall in winter months or if raining
Church services	1 <sup>st</sup> & 3 <sup>rd</sup> Sun	Sunday, 9am	Christ church	1 <sup>st</sup> Sunday holy communion, 3 <sup>rd</sup> family service

**Seasonal activities:** Tennis, Netball, Tag rugby, Walking football, Table tennis. Announcements on Parracombe Community News Facebook page.