



# Dates for the Diary April 2024

**Monday's** - 10-11am - **Salsacise/KeepFit** - WI Hall. Come along and join the class and find your happy space. No need to book, a small charge will be made. Contact Laura 790901.

**Tuesday, 9th April** - 2-4.30pm - **Crafternoon** - WI Hall. Bring along your knitting, sewing, crafting etc. £3.

**Tuesday, 9th April** - 6.30pm - **Film Night** - WI Hall. We are showing 'Oppenheimer' winner of 7 Oscars and starring Cillian Murphy, Emily Blunt, Matt Damon, Robert Downey Jr and Sir Kenneth Branagh. "Oppenheimer manages to live up to and surpass the hype in many ways and could honestly go down as one of the most riveting dramas / biographies ever made. Christopher Nolan has triumphed once again".

\*\*\* PLEASE NOTE EARLIER START OF 6.30PM AS THE FILM IS 3 HOURS LONG \*\*\*

**Wednesday's** - 10-12pm - **Rendezvous** - WI Hall. A great way for residents to catch up with friends and neighbours over coffee every Wednesday morning.

**Wednesday's** - 7.30-8.30pm - **Yoga** - WI Hall. Contact Becci on Facebook [@sageearthyyoga](#) or email: [sageearthyyoga@gmail.com](mailto:sageearthyyoga@gmail.com)

**Thursday's** - 2.30-3.30pm - **Chair Yoga** - WI Hall. Contact Jules 07584034708

The **Gardening Club** is planning a visit to Stanton Hall to buy plants and enjoy their lovely garden. There will be Tea and Cake on offer! Date to be agreed but it will be a weekend probably at the end of the month. If anyone other than members want to come, they will need to get in touch with Helen 791849.

Please look out for packets of sunflower seeds delivered with the Newsletter. They are from the Gardening Club and we will be having a competition for the tallest sunflower later in the summer. There will be prizes so get planting (instructions for planting with the seeds). If anyone would like seeds but only receives an online Newsletter, they will be available at Rendezvous on a Wednesday morning from the end of March.

**St John's Church** services will be:

Every Sunday with 1st and 3rd Sunday's being Holy Communion at 11am.

\*\*\* NEW EVENTS \*\*\*

**Wednesday, 3rd April** - 5.45-6.45pm - **Dancercise** to great music! - WI Hall. Come along, enjoy yourself and have Fun! Everyone's welcome! A small charge will be made. Contact Helen Dunn 791849.

**Tuesday, 16th April** - 6-7pm - **A Sound Bath Experience** - WI Hall. Relax, Reduce Stress & Increase positivity. Led by Rachel Summerson, email: [Rachel.holistichealth@gmail.com](mailto:Rachel.holistichealth@gmail.com) and [www.lifeholistictherapies.co.uk](http://www.lifeholistictherapies.co.uk) £15.

**Thursday, 18th April** (then every third Thursday) - 7-9pm - **CrafterSeven** - WI Hall. Bring along any project you're working on: knitting, crochet, sewing, painting etc. Refreshments will be served too! £3.

For information on 'Regular Meetings at the WI Hall' please refer to the Ulgham WI page on the Village website <https://ulgham.org/ulgham-wi> or the annual WI Hall information leaflet.



A garden visit in 2023

