

Hanham Community Centre

Registered CIO Charity: 1152575



Events and Activities 2019/2020

Hanham Community Centre is a privately managed community association providing a central meeting place for the people of Hanham. We provide a wide range of activities and facilities for members and non-members.

Families Welcome

Membership £12:00 per Annum
(18 years and over)

118-124 High Street, Hanham,
Bristol. BS15 3EJ
Telephone: (0117) 9674439
Administrator: Mrs Jane Cox
Chairman: Mr K Lawrence

www.hanhamcentre.org
admin@hanhamcentre.org

What's On & Events

Some of the upcoming Public Events and Activities at the Centre.

NEW Weds pm	3D Mini's Dance Class: 1-1.45pm & 2-2.45pm. A stay & dance session for parents & pre-schools children. Contact Louise 07754039059
NEW Tuesday eve	Lushtums Pregnancy Yoga. 6:30- 8pm yoga for 16weeks + pregnancy, Relaxation, birth preparation & movement and. Contact Kim 07766524652 or vennkz@hotmail.co.uk
Friday 17th April	Nashville Dreams C.M.C 7.30pm-11.30pm Featuring Chris James. Tickets £8.00 each plus raffle. Contact Dave 0117 9677779
Sunday 5th April	Little Pickes Market 10.30am to 12 midday Children & Babies nearly new sale £1 entry per adults children free
New Date to Be confirmed	Smack the 80's Party Band & 80's Disco 7.30pm to midnight. Back by popular demand, Tickets £10 each. Contact 07446197444 or smackthe80s@gmail.com. SMACK The 80s, famous for delivering a lively, fun-packed, and authentic tribute 80s show is back.
New Date to Be confirmed	Mind Body & Spirit Spring Fayre 11am – 5pm. Mystical stalls – Energy Art, Readings, Massage, New Age Gifts £1 entry. Contact www.thecosmicgemini.com
Saturday 6th June	Vintage Pre-loved fair 10am-3pm Stall enquiries call 07548115825 . Entry 50p. Clothes, Jewellery, China & Glass, Bric-a-Brac.
NOW Saturday 4th July	Evolution Wrestling. Doors open 7pm. Tickets from £10. Call 07867493421 or evolutionwrestling.bigcartel.com

Lounge Bar

If you are a member, or are attending an activity (but not Private Party) you can pop into the Lounge Bar for a drink and a chat. Many groups come in after their activity, while some just get a drink and take it to enjoy at their activity. Prices from £2.20 per pint. In addition, there is a pool table, Table Skittles, Crib, Darts, a large screen TV.

SOCIAL CLUB: The Social Club supports three bars at the Centre serving a number of draught beers and lagers, along with an extensive range of wines and spirits. The members' bar in the centre is open as follows

Mon to Thurs 7:30pm to 10.30pm
Fri & Sat 7:30pm to 11:30pm
Sunday (lunch time only) 12 noon to 02:00pm

Regular Activities

Monday Morning

Pilates: 10am & 11:15am. Exercise suitable for all ages. Improves body shape, posture, muscle strength. Contact John **07837302678/ 0117 9864914** or info@jhpilates.co.uk.
Tai Chi: 10am & 11am. Promotes good balance & improves posture. Contact Vicki **01454 616624** or email vickisiggens@google.com

Short Mat Bowls: 10:30am-12:30pm. £2.50 per person. Play for fun. Contact the office for more information.

Monday Afternoon

In Stitches: 1pm -3pm. Friendly group of self-help craft people. No Tutor. Contact Sonia Sillay **07841610864**

WI (2nd): 1:30pm-3:30pm. Contact Liz **0117 9611583** for more details.

Short Mat Bowls: 2pm-4pm. £2.50 per person. Play for fun. Contact the office for more information.

Monday Evening

Ladies Keep Fit: 7pm-8pm. Contact Gloria **0117 9372403**

Zumba: 7pm-8pm. Fun Zumba class. Contact Celena Lewis **07525214755** or celena45lewis@yahoo.co.uk

Yoga: 7:30pm -8:30pm. Contact Shulah Palmer-Jones **07949333548** for more information.

Line Dancing: County lines. Improvers 7:15 - 8:15 Intermediates 8:30- 10:10pm. Contact Clare **0117 9677246**

Natural History (4th): 7:30pm-10pm. Contact **0117 9322643** for details.

Slimming World: Classes 5.30 & 7.30pm. Contact Jen **07715975357**

Tuesday Morning

Real Fitness: 9:45am-10.45am. Varied fitness class for all abilities. Weight management & motivation. Contact **07975943589** or sarah@realfitnesswithsarah.com

Yoga: 10:30am-11:30am. A mixed ability general yoga class. Suitable for beginners and the more experienced. Contact Vivien **07801550842** or www.yogaplusbristol.co.uk

Art Club: Brushstrokes: 10am-12pm. Friendly Art Club. All standards & Beginners welcome. Materials not supplied Contact Elaine Saunders **0117 9614922**

Tuesday Afternoon

Craft Buddies: 1:00pm-3:00pm. Come along & learn a

new craft. Contact 0117 9674439 for details.
Hanham Carers Support Group (1st): 1:30pm-3:30pm. Contact Natalie 07762288112 for details
Slimming World: Class 3:30-5pm. Contact Jen 07715975357
3D Dance: 4-5pm & 5.15-6.15pm. Fun & energetic dance class for children. Contact Louise 07754039059
Tuesday Evening
Slimming World: 5:30-7pm Contact Jen 07715975357
Zumba: 6pm-7pm. Dance workout that will tone & sculpt your body. Contact Philomena 07966373089
Flow Yoga: 7-8pm. Mixed level yoga class, suitable for total beginners. Contact 07894115802 or www.elyoga.co.uk
Short Mat Bowls: 7:30pm-9:30pm. £2.50 per person. Beginners Welcome. Contact the office for more information
Chess Club: 7:30pm-10:30pm. Meets weekly for a game, and has players of all levels. Play in Bristol leagues. Contact Phillip 07855290575 or hanhamchess@gmail.com
Wednesday Morning
Slimming World: 9:30-11am Contact Jen 07715975357
Light & Easy Aerobics: 10am-11am. Fun class for older adults. Contact Jenny 0117 9613327
Pilates4posture: 11.30am-12.30pm. Promoting abdominal core strength & flexibility. Contact Jenny 07784271249
Wednesday Afternoon
Foot care & Nail Cutting: 12:30pm-2.30pm. Nail cutting, treatment of corns/hard skin. HCPC Registered. Contact Jeanette Cook 0117 3300117 or 07792366801
Flower Club: 1:15pm-3:15pm. Flower arranging classes for all ages and abilities. Contact Ann 0117 9374157 or Shelagh 0117 9679255 for details.
Art Club: Leisure: 1:45pm-3:45pm. No tutor. Painting and art work. Small friendly group. Contact Elaine 9614922
Hanham History (1st & 3rd): 2pm-4pm. Anything of local interest on Hanham History. All welcome Contact Roy 07813827822 or www.hanhamhistory.blogspot.com
Wednesday Evening
Zumba - Low Impact: 6pm-7pm. Low impact Zumba. Contact Philomena 07966373089
Bristol Army Cadets: 7pm-9:30pm. Military style cadet training. 12yrs -18yrs Contact Gary Forder wx-bri-3coy@rfca.org.uk or 07429833015
Bingo: 7pm. Eyes down 7:30pm. Suitable for all ages and abilities - Just bring a pen!! 0117 9674439
Duplicate Bridge Club: 7:15pm-10:15pm. Very friendly and relaxed club, some knowledge of Bridge is required. Contact Phil 0117 9654287 or philwarry@hotmail.com

WI (3rd): 7:30pm-9:30pm. Come and join the WI for fun, friendship and education Contact Pam 0117 9608494 or Dianna 07546556319
Yoga/Pilates Class. 7-8pm. For more details contact Claire 07397385015 or www.clearyogaconnection.com
Hanham Players: 7:30pm-10pm. Amateur dramatics – acting, singing or stage craft .Produce 3 productions per year in Jan, May & September. Contact Ria 07500017318
Thursday Morning
Slimming World: Classes 9:30am & 11:30am. Contact Kate 07979494964 for details
Zumba: 9:30am-10:30am. Dance workout that will tone and sculpt your body. Contact Philomena 07966373089
Coffee Morning: 10am-11am. Pop in for a coffee and a friendly chat. Contact Shirley 07879458899 for details.
Tiny Tutu's: 10-10.30am. Mummy & Baby Ballet class. Basic Ballet steps performed with mum or dad to music with the use of props, from 18 months to 3yrs. Call 07969265115
Zumba Gold: 10:45am-11:30am. Ideal for older adults, beginners or anyone not wanting a high impact class. Contact Philomena 07966373089
Thursday Afternoon
Young at Heart Club: 1:30pm-3:30pm. Retirement club for the over 65's. Enjoy a Quiz, Games & Entertainment. Tea, Coffee & Cake and some company. Contact 9674439
Slimming World: 3:30pm. Contact Kate 07979494964
Thursday Evening
Slimming World: 5:30pm & 7:30pm. Contact Kate - 07979494964 for details
Hanham Art Club: 7pm -9pm. Contact Hilary Bailey 07880548481 or www.hanhamartclub.co.uk
Tava Yoga Vinvasa Flow: 7pm-8pm. A varied yoga flow for all abilities. A gentle introduction to all stems of yoga. All levels welcome. Contact 07581426585 or Tabitha@tayayoga.com for more details.
Modern Sequence Dance Club: 7pm-11pm. Modern Ballroom, Latin, Classical old time Sequence dance. Contact Robin Eddolls 9563151 or Sue Peek 01761452110
Bouncing Bobbins (2nd): 7:15pm-9:45pm . Self help group that promotes lace. Kathy 0117 9477839 or email kcs1@sky.com
Pins & Needles (3rd): 7:30-9.30pm. Handicrafts etc. All welcome. No experience required. Contact Linda 9400232
Friday Morning
Slimming World: 9:30am. Contact Kate 07979494964
Short Mat Bowls: 10:30am-12:30pm. £2.50 per person. Beginners Welcome. Contact the office for information

Friday Afternoon
Zumba Gold in the chair: 1pm-1:45pm. For anyone with mobility issues. Contact Philomena 07966373089
Friday Evening
Hanham Players Youth Group: Juniors 7pm-8:30pm, Seniors 8pm-9:30pm. 2 productions a year (June). No level of ability. Contact hpyg@hanhamplayers.org
Hanham Players: 7:30pm-10pm. See Wed Eve for details. Contact Ria 07500017318

Function Suites & Room Hire

Whether you are interested in setting up a new regular activity, or need a room for a one-off event or meeting then please contact the office, visit the website or see our other leaflet. Or if you are thinking of having a party, we cater for most family events (though not 18th Birthday parties). We have two Function Rooms suitable for 200 and 120 people each with a stage and their own Bar, as well as the Lounge Bar. Come in and talk to Jane or Debbie to discuss your requirements.

Sports

	Snooker: Two full sized tables. Juniors and seniors. Play for fun or in the league. Play Mon – Fri 9am-5pm & 7pm-11pm or Sat 9am-1pm.. Contact Craig 07977009595 for more details.
	Crickets Club: Junior and Seniors. Thriving club with active playing and busy social calendar. New members always welcomed. Under 11's, 15's & 17's. Contact Paul Brown 07767656010 for more details.
	Tennis Club: Two courts with flood lighting. Coaching & league tennis. Play at any time when available Club nights Tues/Thurs evening & Sun Afternoon. Contact Rob 07972079414 for more details. http://hanhamtennisclub.co.uk

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