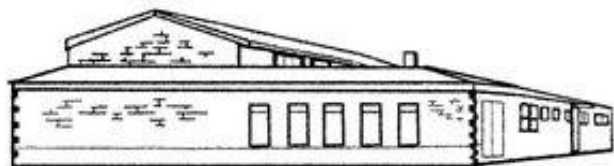


HANHAM COMMUNITY CENTRE

Registered Charity: 1152575



Events and Activities 2013 – 2014

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 £10:00 per annum
(18 years and over)

High Street, Hanham,
Bristol. BS15 3EJ
Telephone/Fax: (0117) 9674439
Administrator: Mrs S J Nunn
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.

<i>1st Wed of every month</i>	Police Beat Surgery. 12 noon-2pm. Your opportunity to come and speak to your local Neighbour Police Team.
<i>Saturday 7th September</i>	Chatiry Race night in aid of RSPCA & BCDH. Tickets £10 includes pub snack. 7:30pm. Contact Dave 07766014841 or Tasha 07816936147 for more details
<i>Thursday 12th-Saturday 14th September</i>	The Lion, the Witch and the Wardrobe. Don't miss this fantastic and magical stage production of the classic C.S.Lewis novel. Performed Thurs - Sat at 7:30pm, with a matinee on Sat 14th at 2pm. Tickets from £7.00 available from 14 th August.
<i>Sunday 22nd September</i>	Table Top Sale. 10am- 4pm. £8 per table. All proceeds to "Little Folk Toddler Group" To book a table Contact Tracie 07887871274
<i>Sunday 22nd September</i>	Summer Dance featuring Bristol Savages Swing Band. 8pm-11pm. Tickets £6 from the Office or Call 9674439

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 only £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	07:30 to 11:00
Fri & Sat	07.30 to 11:30
Sunday (lunch time)	12:00 to 02:00
Sunday (eve)	07:30 to 10:00

Regular Activities

Monday Morning

Pilates: 10am & 11am. Exercise suitable for all ages. Contact John **07837302678** or **0117 9864914** for details.

Tai Chi: 10am-11am & 11am-12pm. Promotes good balance & improves posture. Contact Vicki **01454 616624**

Short Mat Bowls: 10:30am-12:30pm. £2.00 per person. Contact the office for more information.

Monday Afternoon

In Stitches: 1pm -3pm. Friendly group of self-help craft people. No Tutor. Contact Sonia Sillay **0117 9832805**

WI (2nd): 1:30pm-4pm. Contact Moira **0117 9353299** for more details.

Weight Watchers: 1:30pm-2.45pm. Contact Georgina Jury **07454627932** or gjury@weight-watchers.co.uk for details.

Short Mat Bowls: 2pm-4pm. £2.00 per person. Contact the office for more information.

Monday Evening

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

Zumba: 7pm-8pm. Fun Zumba class including an introduction to the latest fitness style-Bokwa! Contact Cressida Childs **0117 3309549** or www.clubcabana.com

Line Dancing: Countylines. Improvers 7:15 - 8:15 Intermediates 8:30- 10:10pm. Cost £4 or class or two classes £4.50 .Contact Clare Hawkins **0117 9677246**

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

Tuesday Morning

Fibromyalgia (1st): 10am-1pm. Fibromyalgia can be an extremely debilitating condition. Contact Pat **0117 9614419** or visit www.fmuk.org for more information.

Rosemary Conley Diet & Fitness: 9:30am-11am. Aerobic exercise suitable for all levels and abilities £6/wk - Contact **0117 9327533** or www.rosemaryconley.com

Yoga: 10:15am-11:30am. Gentle stretches to improve flexibility, relaxation and well being. Contact Vivien **07801550842** or www.yogaplusbristol.co.uk for details

40-60 Coffee Club: 10:30am-12:30pm. Pop in for a coffee and a friendly chat. Contact **0117 9611255** for details.

Art Club: Brushstrokes: 10:30am-12:30pm. Art Club. All standards, Beginners welcome. Very friendly group. £8 monthly. Contact Elaine Saunders **0117 9614922**

Tuesday Afternoon

Craft Buddies: 1pm-3pm. Friendly Craft Group dealing with various crafts including card making. New members welcome. Contact **07946231796** for details.

Hanham Carers Support Group: (1st) 1:30pm-3:30pm. Contact Helen **0117 9652200**

Art Club: Palette: 2pm-4pm. Painting, sketching in all mediums. No skills needed £7.50/month. Contact **9605281**

Tuesday Evening

Slimming World: 5:30pm & 7:30pm. Contact Kate **07979494964** for details

Zumba: 6pm-7pm. Dance workout that will tone and sculpt your body. Discounts available. Contact Philomena **07966373089**

Memory Cafe: (4th) 6:30pm-8:30pm. To help and support anyone who has been diagnosed with a form of dementia. Contact **0117 9610693** for details

Chess Club: 7:30pm-10:30pm. Meets weekly for a game, and has players of all levels. Play in Bristol leagues. £36 per annum. Contact **0117 9676734** for details

Flow Yoga: 7:30pm-9pm. All levels and abilities welcome. Contact Vya Freeman **07803404050** or vyayogagmail.com

Wednesday Morning

Little Folk Toddlers: 9:15am-11:15am. Children 0-4 years (7 in Hols). Friendly Toddler group. Activity table, book corner and singing. £1.75/wk. Contact Tracie **07887871274**

Slimming World: 9am & 11am. Contact Kate **07979494964**

50+ Aerobics: 10am-11am. Light and easy aerobics for +50's or the less fit. Contact Jenny **0117 9613327**

Wednesday Afternoon

Foot care: 12:45pm-3pm. Toenail cutting and general foot care for retired people. £18.00. HCPC Registered. Contact Jeanette Cook **0117 3300117**

Flower Club: 1:15pm-3:15pm. Flower arranging classes for all ages and abilities. £15 per 12 week term. Contact Ann **0117 9374157** or Shelagh **0117 9679255** for details.

Ladies Club: 1:45pm-3:30pm. Bingo, Quiz games and occasional speakers. Contact Phyllis Chilcott **0117 9612092**

Tea Dance: 2pm-4pm. Afternoon Tea Dance to (CDs). Come along and join in for a sociable afternoon, a chat and a dance. £1.50 **0117 9674439**

Hanham History (1st & 3rd): 2pm-4pm. Anything of local interest on Hanham history. All welcome £1.50/wk. Contact Roy **07813827822** or www.hanhamhistory.blogspot.com

Art Club: Leisure: 2pm-4pm. No tutor. Painting and art work. Small friendly group. Contact Nancy **0117 9836676**

Wednesday Evening

Zumba: 6pm-7pm. Dance workout that will tone and sculpt your body. Discounts available. Contact Philomena **07966373089**

Bridge Club: 7:15pm-10:30pm. Players need a partner for duplicate bridge. Contact **0117 3730613**

Army Cadets: 7:15pm-9:30pm. Basic Military Skills. Contact Chris **0117 9863344** or www.armycadets.com

Bingo: 7:pm. Eyes down 7:30pm. Suitable for all ages and abilities - Just bring a pen!! **0117 9674439**

WI (3rd): 7:30pm-9:30pm. Contact Pam **0117 9608494**

Hanham Players: 8pm-10pm. Produce 3 productions per year in Jan, June and October. £10 per annum. Contact J Blackwood **0774 5134248** for details

Hanham AA: 8pm-9pm. Details from the office or call **0117 9674439**.

Thursday Morning

Slimming World: 9:30am & 11:30am. Contact Sara Hayes **07894670808** or **0117 9602802**.

Zumba: 9:30am-10:30am. Dance workout that will tone and sculpt your body. Contact Philomena **07966373089**

Coffee Morning: 10am-11:30am. Pop in for a coffee and a friendly chat. Contact **07879458899** for details.

Zumba Gold: 11am-12noon. For the less active or more mature students. Contact Philomena **07966373089**

Thursday Afternoon

Hanham Retirement Club: 2pm-4pm. A varied programme of entertainment and activities, and a chance for a chat and cup of tea. Contact **0117 9324196**

Thursday Evening

Falun Gong: 7pm-9pm. Free. Contact Amy **07779630739** or visit www.falundafa.org

Hanham Art Club: 7pm -9pm £20 per term. Contact Hilary Bailey **0788 0548481** or www.hanhamartclub.co.uk

Weight Watchers: 7pm-8:30pm Your Leader Ayshea

Bouncing Bobbins:(2nd) 7:15pm-9:45pm Kathy **0117 9477839** or email kcs1@sky.com

Slimming World: 7:30pm . Contact **0117 9602802**

Hanham Lace Club (4th): 7:30pm-9:30pm. Contact Lyn Golding **0117 9491506**

Big Knits (3rd): 7:30pm-10pm. Hints and tips on machine knitting. £2/session. Contact **0117 9071097** for details

Sequence Dance: 7:45pm-Late. David Biggs Club Night. . £3.50/session. Contact **0117 9657110** or **0117 9563151**

Friday Morning

Short Mat Bowls: 10:30am-12:30pm. £2.00 per person

Friday Afternoon

Lace Making: 2pm-4pm. Contact **01454 328305**

Friday Evening

Hanham Players: 8pm-10pm. See Wed Eve for details. £10 per annum. **07745134248**

Saturday Morning

Children's Ballet: 8:45pm-11:30am Contact **0117 9372403** for details.

Zumba: 10am-11am. Dance workout that will tone and sculpt your body £4. Contact: Debbie **07795811083**

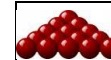
Sunday Evening

2nd Sunday of month: Open Mic Night. 2nd Sunday of the Month. A new venture at the centre. Starts at 8pm Free Entry. Bar from 7:30pm. Back in October

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 Sheena or Jane to discuss your requirements.

Sports



Snooker: Two full sized tables. Juniors and seniors. Play for fun or in the league. Contact **Craig 0117 9145990** for more details.

Cricket 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 refurbished courts with flood lighting. Monday night pay and play 7pm - 9pm £3 per session. Come along and give Tennis a try. Contact Ben Andrews **07824382281** for details.

Hanham Community Centre is a Registered Charity
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