

Activities at Folkingham Village Hall

Monday

9am until 1pm **Pop In**

This is an exceptional and friendly group, as it creates an atmosphere of laughter and smiles and because of the superb social interaction going on, it is infectious. Come along and see for yourself: tea and coffee with biscuits, until twelve, and great homemade soups served at noon. Join in any of the current activities, carpet bowls, scrabble, dominoes, jigsaw puzzles and a social interaction group. You will be made welcome by everyone!

Monday

2 pm until 3 pm **Gentle Fitness**



Hi, I am Nicola and at 2pm on a Monday afternoon I teach Gentle Fitness. This class takes my Pilates training and makes the benefits of Pilates accessible to anyone who would prefer to exercise either in a chair or standing. If you are feeling stiff, would like to strengthen your muscles to support your joints better, improve your balance and join our friendly group please get in touch for your free taster session.” Nicola O’Byrne 07712 165470 or nicoladurham@hotmail.com

Monday

7:30 pm until 8:30 pm **Egyptian Dancing**

Are you thinking of starting something new for 2022 ?

Have you ever thought of belly dance ??

It’s good for you and good fun, no matter your age. Experience or size. Why not join us on Monday evenings in Folkingham Village Hall from 7.30 until 9pm. I teach authentic Egyptian Belly dance to authentic music. Just turn up on a Monday evening in comfortable clothing and give it a go. Look forward to seeing you . Suzan

Tuesday

10 am until 12 Midday **Folkingham Singers**

TIME TO FLEX YOUR VOCAL CORDS - FOLKINGHAM SINGERS 10-12 noon IN FOLKINGHAM VILLAGE HALL

Do come along to our fun singing group - it's great!

Wednesday

9:30 am until Midday **Art Group**



SOUTH LAFFORD ART GROUP
Based at Folkingham Village Hall

Great News!

We are now open to new members whatever your medium or skill level.
You are welcome to join our friendly and helpful group to learn or share.

We meet every Wednesday between 10:00 and 12:30

If you are interested in finding out more about joining us, just pop in (door to right of main entrance will be open) any Wednesday or call Jan on 07484 656919. Come and have a free trial session for the morning if you like! Tea, coffee and biscuits provided.

Thursday

10 am until 12 midday **Craft Group**



The Craft Group meets on Thursday mornings - 9.30 - 12 noon. Refreshments are available and everyone is welcome.

There is a small weekly fee.

Friday

10:30 am until midday (Term Time) **Mother, Baby & Toddler group**



Why not come along and enjoy a cuppa and a chat while the children play, and meet other families from our surrounding villages?

All are very welcome...just pop in for a short while or stay for the whole time. There's no charge...just a voluntary contribution if you feel like it.

Friday

6:30 pm until 8 pm **Table Tennis**



Great evening to refresh those skills. Bats & ball provided. Just turn £1.50 for adults 50p for children under 12