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## ADDITIONAL

**Flicks-in-the Sticks** - 8 films are usually screened at 7.30pm on the first Tuesday of the month from February to May and September to December

**Christmas Miscellany** - an evening of readings, music, song and drama sketches performed by members of the community

The Village Hall also hosts a variety of events and activities including

**Quizzes**

**Talks**

**Live Music**

**Theatre**

**Wine Tasting**

**Bookworms**

see the Lydbury North Newsletter, posters and the Village Hall website  
[www.lydburynorthvillagehall.org](http://www.lydburynorthvillagehall.org)

The Hall is used for meetings by various committees and organisations, including Lydbury North Parish Council, the Community Shop Committee and other businesses. Also General and Local Elections and private study

Private hirings include parties, celebrations, commemorations & wedding receptions

**The Village Hall Management Committee  
thank all users for their support**

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## What's On at Lydbury North Village Hall

This leaflet contains information about activities at the hall - why not come along and give it a try?

The hall is available to hire for a wide range of activities - celebrations, music, theatre, talks, meetings, interest groups, presentations and more.

If there's an activity not listed that you would like, why not book the hall and arrange your own? Contact the Secretary to discuss your requirements and we'll do our best to accommodate you.

**For more information:**

Visit [www.lydburynorthvillagehall.org](http://www.lydburynorthvillagehall.org)

See **Calendar** and **What's On**

Contact Jackie (Secretary)  
01588 680302

## SUNDAY

**Shropshire Harmony Quire** meet monthly on 4th Sunday, 2 to 5pm (not July & December) to sing and play country church music, mainly from the English West Gallery and American shapenote traditions. All singers welcome. We use sheet music but, no need to be a fluent sight-reader. Players of woodwind and stringed instruments of the sort played by 18th/19th century village bands welcome (no guitars thanks). Contact Trevor Chalkley - [trevorchalkley@gmail.com](mailto:trevorchalkley@gmail.com)

## MONDAY

**Ballet** - from 3pm. Royal Academy of Dance Ballet classes for children from 4 years upwards. Pre-primary to Grade 8. Contact Debbie Collis, ARAD RTS - 01588 672328  
[Pointeworks@aol.com](mailto:Pointeworks@aol.com)

## TUESDAY

**Mat Pilates** - 9 to 9:45 am. Learn to strengthen core muscles which support your back, and pelvic floor. Learn to move correctly, easing aches & pains. 'Motion is lotion' - easy movement throughout your life. Modifications and progressions given as we are not all the same. All this in a supportive class atmosphere. Contact Ruth - see below.

**Seated & Standing Exercise to Music** - 10.15 to 11am. For those who feel unable to get to the mat. A fun class where we move all our joints. Easing aches and pains, improve balance, strength, coordination, pelvic floor and core muscle endurance. I'll show you how to manage falls, but we exercise to prevent. Move within your own symptom-free range of motion. Suggestions to manage conditions e.g. osteoporosis, sore shoulders, hips, spinal, arthritis and help to lessen or alleviate. A FUN, supportive social group. Contact Ruth - 07788 123380 - leave a text or voice message and I will get back to you.

## TUESDAY

**Morris Dancing** - Border Morris Style - 8 to 10pm with **The Shropshire Bedlams** (men's team) - every Tuesday except 1st & 3rd of the month. **Martha Rhoden's Tuppenny Dish** (women's team) - 3rd Tuesday of the month. New members welcome from September to Christmas. No experience required, minimum age 12 years. Just come along to a practice and make yourself known. [www.shropshirebedlams.co.uk](http://www.shropshirebedlams.co.uk)

## WEDNESDAY

**South West Shropshire Gardening Club** - 4th Wednesday, 7.30pm. A lively club of garden enthusiasts from south-west Shropshire, offering advice, talks, outings, and an annual show. Contact Annie Frost [annie.frost@icloud.com](mailto:annie.frost@icloud.com)

## THURSDAY

**Make, Do or Mend** - 10am to 12pm, alternate Thursdays. Bring your own sewing, quilting, knitting or mending and please bring your own drink and snack. This is a drop-in session (£4.00 a time) but numbers are limited so please ring ahead to let Chris Russell know you are coming 01588 680512.

**Bishop's Castle Orchestra** - meet most Thursdays between 7.30 and 9.00pm except the third Thursday. A true community orchestra. We are a group of keen musicians of various ages, standards and skills. We are a friendly and supportive group eager to provide music wherever it is needed in Bishop's Castle and the surrounding areas. Go to our website if you would like to join us or suggest a venue where we could play in your community - [www.bcorchestra.org.uk](http://www.bcorchestra.org.uk)

**WI** - third Thursday of most months. The business meeting starts at 7.15pm and the guest presenter or activity usually starts at about 7.45pm. You are welcome to attend all or part of the evening. New members always welcome and everyone is invited to Open Meetings. Visitors pay £3.00 each, which

includes the presentation and refreshments. From time to time we go out to lunch, have day trips and join other local, county and national WI activities such as skittles, quiz evenings and walks. If you would like to know more, please contact 01588 680266.

## FRIDAY

**Yoga** - sessions during school term time in the mornings - 10am to 12pm; afternoons 1 to 3pm. Yoga is not specially for fit flexible people. In fact if you're stiff and achey it's for you! All ages and abilities are welcome. Increase your energy, strength and flexibility. Learn calming breathing practices and relaxations. Reduce anxiety and learn to deal with stress. Yoga does all this. Come along. Give it a go. It will make you feel fantastic! Contact David Hedge - 07870 936889, [davidnealhedge@aol.com](mailto:davidnealhedge@aol.com)

**Sewing Bee** - occasional full day sewing workshops. Look out for details on posters, Village Hall noticeboard and calendar on website [www.lydburynorthvillagehall.org](http://www.lydburynorthvillagehall.org)

**Painting to Music** - occasional full day painting workshops with Artist Sarah Gillard - bring a packed lunch, old clothes and a folder to take work home. Contact Sarah for details of future workshops - [sarahgillardartist@gmail.com](mailto:sarahgillardartist@gmail.com)

## Additional information overleaf

**We have tried to ensure that all information is correct. To avoid disappointment please check with the provider.**