

| Day                      | Time               | Activity         | Contact           | Telephone                    | Email  |
|--------------------------|--------------------|------------------|-------------------|------------------------------|--|
| <b>WEEKLY ACTIVITIES</b> |                    |                  |                   |                              |  |
| Monday                   | 9.30 – 10.30 am    | Yummy Mummys     | Sarah Linish      | 07790 406104                 | <a href="mailto:sarahduke82@hotmail.co.uk">sarahduke82@hotmail.co.uk</a>     |
|                          | 4.00 – 9.00 pm     | Slimming World   | Matt Briggs       | 07449 961111                 |  |
| Tuesday                  | 9.30 – 10.30 am    | Pilates          | Andrea Chambers   | 07522 709665                 | <a href="mailto:andrea.pilates@gmail.com">andrea.pilates@gmail.com</a>       |
|                          | 10.00 – 11.00      | Senior Badminton | John Buckland     | 01904 492930                 |  |
|                          | 10.45 – 12.15      | Yoga             | Edith Loney       | 07961 907402                 | <a href="mailto:edithloney@hotmail.com">edithloney@hotmail.com</a>           |
| Wednesday                | 9.30 – 12.00 noon  | Art Group        | Christine Allport | 01904 691907                 | <a href="mailto:allportdandc@talktalk.net">allportdandc@talktalk.net</a>     |
|                          | 9.30 – 10.30 am    | Yummy Mummys     | Sarah Linish      | 07790 406104                 | <a href="mailto:sarahduke82@hotmail.co.uk">sarahduke82@hotmail.co.uk</a>     |
|                          | 2.00 – 3.00 pm     | Ladies Badminton | Joan Thompson     | 01904 490700                 | <a href="mailto:ericandjoan25@gmail.com">ericandjoan25@gmail.com</a>         |
|                          | 6.00 – 7.00 pm     | Fitness Circuits | Paula Laise       | 07753 745183                 | <a href="mailto:theradieanceroom1@gmail.com">theradieanceroom1@gmail.com</a> |
| Sep to Mar               | 7.30 -9.30 pm      | Short Mat Bowls  | Jackie Silk       | 01904 492993<br>07733 333394 | <a href="mailto:jackie677@hotmail.com">jackie677@hotmail.com</a>             |
| Thursday                 | 6.30 – 7.15 pm     | Fitness Class    | Shaun Sutcliffe   | 07811 144348                 | <a href="mailto:shauncricketshb@yahoo.co.uk">shauncricketshb@yahoo.co.uk</a> |
|                          | 7.30 – 9.00 pm     | Badminton        | Andrew Ward       | 01904 763296                 | <a href="mailto:wardap@hotmail.com">wardap@hotmail.com</a>                   |
|                          | 7.00 – 10.00 pm    | Bridge Club      | Peter Simpson     | 01347 823650                 | <a href="mailto:p.i.simpson@btinternet.com">p.i.simpson@btinternet.com</a>   |
| Friday                   | 9.30 – 10.30 am    | Yummy Mummys     | Sarah Linish      | 07790 406104                 | <a href="mailto:sarahduke82@hotmail.co.uk">sarahduke82@hotmail.co.uk</a>     |
| Saturday                 | 11.00 – 12.00 noon | Karate           | Simon Flint       | 07814 545013                 | <a href="mailto:info@yorkkarate.co.uk">info@yorkkarate.co.uk</a>             |

| <b>MONTHLY ACTIVITIES</b>                   |                      |                        |  |                                |  |
|---|----------------------|------------------------|--|--------------------------------|--|
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| 1 <sup>st</sup> Monday                      | 12.00 noon – 2.00 pm | Monday Lunches         | Dot Hicks / Rowena Plant                                     | 01904 490759 /<br>01904 490777 |  |
| 2 <sup>nd</sup> and 4 <sup>th</sup> Tuesday | 6.30 – 9.00 pm       | Parish Council Meeting | Fiona Hill, Parish Clerk                                     | 01904 491569                   | <a href="mailto:strensalltowthorpepc@outlook.com">strensalltowthorpepc@outlook.com</a> |
| 3 <sup>rd</sup> Tuesday<br>Feb – Nov        | 6.30 – 9.30 pm       | Women's Institute      | Dorothea Scarlett  | 01904 220105                   | <a href="mailto:dorothea.scarlett@icloud.com">dorothea.scarlett@icloud.com</a>         |
| Last Wednesday                              | 7.00 – 9.00 pm       | Local History Group    | <a href="http://www.slhg.weebly.com">www.slhg.weebly.com</a> |                                | <a href="mailto:slhg@gmx.com">slhg@gmx.com</a>   |
| 3 <sup>rd</sup> Thursday                    | 2.00 – 4.00 pm       | Over 50's Club         | Elizabeth Marquis  | 01904 492316                   | <a href="mailto:elizabethmarquis@talktalk.net">elizabethmarquis@talktalk.net</a>       |
| April & Oct                                 | 6.30 – 9.30 pm       | River Foss Society     | Helen Button   |                                | <a href="mailto:info@riverfossociety.co.uk">info@riverfossociety.co.uk</a>             |
|   |                      |                        |  |                                |  |