

CLASSES & GROUPS AT WOOLASTON MEMORIAL HALL [updated Sept 2025]

	What's On?	When?	About	Contact details
MON	Tai Chi	9:15 – 10:15 am	Increase flexibility and strength.	White Lotus: Michelle Gardiner 07790 025743 whitelotusuk@aol.com
	Silver Steps/Active Balance	10:45 am – 12:15 pm	Gentle exercise class for seniors.	FODDC Health Delivery Leader gary.deighton@fdean.gov.uk
	Table Tennis Group	6:15 – 7:15pm	All abilities welcome.	rob.merryfield@gmail.com 07885793855
	Yoga	7:30 – 9:00 pm	Time for your own wellbeing, Yoga can help.	Sian Rule on 07872571934 01291 630188 sianrule@gmail.com
	Craft Group	1 st & 3 rd Monday 1:30 – 3:30 pm	A social group that meets to enjoy their own crafting	Gaynor Cooke 01594 529521
TUES	Pilates	11:45am – 1:00pm	Pilates is a holistic exercise system to build overall strength, improve flexibility and balance, and enhance posture and body awareness	Siân Jones sianameliajones@live.co.uk 07794850876
	Art Group	Term Time 2:00 – 4:00 pm	10 sessions in Term time. Bring your own art to work on in a social setting.	Di Wakefield 01594 529542
	Women's Institute	Monthly on 3 rd Tuesday 7:30 – 9:30 pm	Not just jam and Jerusalem, but social, educational and fun too.	presidentwoolastonwi@gmail.com secretarywoolastonwi@gmail.com
	Trefoil Guild	Monthly on 2 nd Tuesday 10:00am -12:00 noon	The Trefoil Guild For adults who enjoy links with Guiding.	Jacky Weller – 07496871188 wackyjeller@gmail.com
WED	Guides	Term time 7:00 – 8:30 pm	Always keen to welcome new girls.	Jacky Weller – 07496871188 wackyjeller@gmail.com
	Woolaston Short Mat Bowls Club	Weekly 1:45pm – 4:15pm	A social game that is easy to learn, yet offers challenges for those who want to improve their skills	Shaun Mooney 07568 673456 chair.wsmbc@gmail.com Mary Greenslade secretary.wsmbc@gmail.com

