

<b>Activity</b>	<b>Location</b>	<b>Day/Time</b>	<b>Contact</b>
<b><u>Classes</u></b>			
<b>Extend Fitness</b> -Gentle stretching and exercises which can be done sitting down. A fun session with music for older people and those with restricted mobility. Book in advance	Aldborough Community Centre	Friday	10:00 -11:00 Christine on 01263 587276
<b>Harmony Yoga</b> - A class with the emphasis on bodily connection and awareness, to enhance physical and emotional wellbeing. No experience necessary.	Aldborough Community Centre	Mondays	14:00 - 15:00 Emma on 07940963414 Visit: www.harmony-yoga.net
<b>Zumba</b> - Fitness in disguise! Come along to this fun dance based exercise class. No need to book, just turn up and enjoy.	Aldborough Community Centre	Thursday	18:15-19:15 Sally on 07786697563
<b>Yoga</b> - A guided class of Asana, Pranayama and Dhyana, movement, breath work and meditation. Book in advance	Aldborough Community Centre	Friday	18:00-19:00 Jon on 07719978785 Email: info@nnmt.co.uk Visit www.nnmt.co.uk
<b><u>Groups</u></b>			
<b>Aldborough Players</b> - Amateur dramatics at its best! with an annual pantomime in February and a summer production in June. Get in touch to find out more.	Aldborough Community Centre	Monday	19:00 - 21:30 James Green      Email: man.utd1999@yahoo.com
<b>Art Club</b> - Using a variety of media with regular invited outside tutors, Art club gives you an opportunity to explore and experiment	Aldborough Community Centre	Wednesday	10:00 - 13:00 Ann Mackenzie 01263 761232
<b>Bridge Club</b> - For experienced players, this evening session takes place in the bar throughout the year	Aldborough Community Centre	Tuesday	19:00 - 21:00 Sue Metcalf 01263 761310
<b>film Club</b> - Showing a variety of films	Aldborough Community Centre	Wednesday - every third of the month	19:30 - 22:00 David                  Email: dpg.jazz@icloud.com

<b>Greener Aldborough and Thurgarton</b> -An informal group for those interested in looking after and improving this village's environment for both people and wildlife, through talks, walks and activities.				Tina Hooker on 01263 768775
<b>Village Lunch</b> - A 2 course hot lunch at £6 per person. All ages welcome, bar open. Please note village lunch does not run on the third Tuesday of the month	Aldborough Community Centre	Tuesday (1st,2nd and 4th of the month)	12:30	Jane on 01263 761578
<b>Social Club</b> - Come along and play table tennis, darts, snooker, cards or just chat. Bar open. Children 12-16 must be accompanied by an adult.	Aldborough Community Centre	Wednesday	18:30 - 21:00	Jay Burton Email: jayburton68@yahoo.co.uk
<b>Warm Hub and Community Lunch</b> - Running throughout the winter, and thanks to Norfolk Communities Foundation we're open every Tuesday. Drop in for tea, or coffee and village lunch (soup and roll served on the third Tuesday of the month) Afternoon activities include film shows, board games, carpet bowls, talks, quizzes, computer beginners class. Watch out for further details on the notice board.	Aldborough Community Centre	Tuesday	10:00 - 16:00	
Walks	Meet outside Aldborough Surgery	Wednesday	11:00	
Men's Club	St Andrews Chapel	Wednesday	09:30-11:30	
Craft Club	St Andrews Chapel	Monday	09:30-11:30	
Wildlife/Gardening & Community Plot	Talks and walks	Ad Hoc		
Cricket	Aldborough Village Green	Wednesday, Saturday/Sunday - Summer	18:00	
Cricket - Junior	Aldborough Village Green	Monday - May-July		