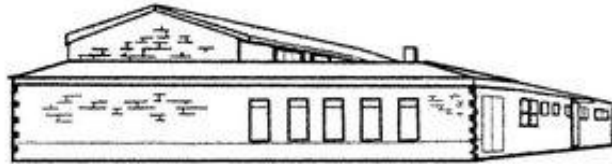


# HANHAM COMMUNITY CENTRE

Registered Charity: 301544



## Events and Activities 2012 – 2013

*Hanham Community Centre is a privately managed community association providing a central meeting place for the people of Hanham. We provide a wide range of activities and facilities for members and non-members.*

### Families Welcome


**Membership £10:00 per annum**

(18 years and over)

High Street, Hanham,  
Bristol. BS15 3EJ  
Telephone/Fax: (0117) 9674439  
Administrator: Mrs S J Nunn  
Chairman: Mr K Lawrence  
[www.hanhamcentre.org](http://www.hanhamcentre.org)  
admin@hanhamcentre.org

### What's On & Events

*Some of the upcoming Public Events and Activities at the Centre.*

<b>SATURDAY 3<sup>rd</sup> NOVEMBER 8pm</b>	<b>SCARY FILM NIGHT. 28 DAYS LATER. £2.00. BAR OPEN THROUGHOUT. FEEL FREE TO BRING YOUR OWN NIBBLES</b>	
<b>1st Wed of every month</b>	Police Beat Surgery. 12 noon-2pm. Your opportunity to come and speak to your local Neighbour Police Team.	
<b>4<sup>th</sup> Tuesday of Month</b>	Memory Cafe 6:30pm-8:30pm. To help and support anyone who has been diagnosed with a form of dementia. Contact <b>0117 9610693</b>	
<b>Thursday's</b>	Pilates: 9:30am-10:30am. Exercise suitable for all levels. Contact Gemma for details. <b>01275848533</b>	
<b>Sunday 28<sup>th</sup> October</b>	Little Folk Halloween Party. 5pm-7:30pm. Fancy Dress, Disco & Games. £3.50 each. Contact Tracie <b>07887871274</b> for details	
<b>Saturday 3<sup>rd</sup> November</b>	Table Top Sale. 10am-1pm Organised by our WI Group. £6.00 per Table. Contact Pam <b>9608494</b> or Dianna <b>9670823</b> for more details	
<b>Sunday 11<sup>th</sup> November</b>	Medium & Clairvoyance with Stephen Holbrook. 7:30pm Tickets from £16.00. Contact 01823666292 or <a href="http://www.steveholbrook.co.uk">www.steveholbrook.co.uk</a>	
<b>Sunday 18<sup>th</sup> November</b>	Nearly New Table Top Sale (Baby & Toddler) 10am-12:30pm. In aid of Great NICU China Challenge. Tables £15, Entrance £1 (kids free). Refreshments available.	

### Lounge Bar

If you are a member, or are attending an activity (but not Private Party) you can pop into the Lounge Bar for a drink and a chat. Many groups come in after their activity, while some just get a drink and take it to enjoy at their activity. Prices from only £2.20 per pint. In addition, there is a pool table, Table Skittles, Crib, Darts, a large screen TV.

**SOCIAL CLUB:** The Social Club supports three bars at the Centre serving a number of draught beers and lagers, along with an extensive range of wines and spirits. The members' bar in the centre is open as follows:

Mon to Thurs	07:30 to 11:00
Fri & Sat	07.30 to 11.30
Sunday (lunch time)	12:00 to 02:00
Sunday (eve)	07:30 to 11:00

### Regular Activities

#### Monday Morning

**Short Mat Bowls:** 10:30am-12:30pm. £1.75 each. Contact the centre for more information.

**Pilates:** 10am-10:55am. Exercise suitable for all ages. Contact **07837302678** or **0117 9864914** for details.

**Tai Chi:** 10am & 11am Contact **01454 616624**

#### Monday Afternoon

**Short Mat Bowls:** 2pm-4pm. £1.75 each. Contact the centre for more information..

**Weight Watchers:** 1:30pm-3pm. Contact Sharon Cole **07974660463** for details.

**In Stitches:** 1pm -3pm. Craft Class. Contact **0117 9832805**

**WI (2<sup>nd</sup>):** 1:30pm-3:30pm. Contact **0117 9492661** for details.

#### Monday Evening

**Line Dancing:** Countylines. We have classes for beginners to the more advanced - and we also meet monthly for a evening out. Improvers 7:15 - 8:15 Intermediates 8:15- 10:10. Cost £4. Contact **0117 9677246**

**Ladies Keep Fit:** 7pm-8pm. Contact **0117 9372403**

**Natural History (4<sup>th</sup>):** 7:30pm-10pm. Contact **0117 9322643** for details.

**Zumba & Bokwa:** Fitness class 7pm-8pm. **Salsa:** Starting Oct 8:15pm-9:30pm Beginners & Int. Contact Cressida **0117 3309549** or **07808581739**  
[www.clubcabana.com](http://www.clubcabana.com)

#### Tuesday Morning

**Yoga:** 10:15am-11:15am. Gentle stretches to improve flexibility, relaxation and well being. Contact **07801550842** for details

**40-60 Coffee Club:** 10:30am-12:30pm. Pop in for a coffee and a friendly chat. Contact **0117 9611255** for details.

**Art Club: Brushstrokes:** 10:30am-12:30pm. Art class for all levels of ability. Beginners welcome. No tutor - but help always available. £6 monthly. Contact **0117 9564850**

**Rosemary Conley Diet & Fitness:** 10am-11:15am. Aerobic exercise suitable for all levels and abilities £5.50/wk - Contact **01275848533** for details

**Fibromyalgia (1<sup>st</sup>):** 10am-12am. Fibromyalgia can be an extremely debilitating condition. To find out more call **08448872372** or visit [www.fmauk.org](http://www.fmauk.org)

### Tuesday Afternoon

**Craft Buddies:** 1pm-3pm. Friendly Craft Group dealing with various crafts including card making. New members welcome. Contact **07946231796** for details.

**Hanham Carers Group: (1<sup>st</sup>)** 1:30pm-3:30pm

**Sporty Tots:** 18 months to 4 years, Improves Balance, Flexibility, and Co-ordination £4. Contact [sportytots@hotmail.co.uk](mailto:sportytots@hotmail.co.uk) or call **07888763946** for details

**Art Club: Palette:** 2pm-4pm. Painting, sketching in all mediums. Tutor monthly. Pencils, paints, paper would be useful to bring. No skills needed £7.50/month. **9605281**

### Tuesday Evening

**Slimming World:** 5:15pm & 7:15pm. **07736068191**

**Chess Club:** 7:30pm-10:30pm. Meets weekly for a game, and has players of all levels. Play in Bristol leagues. £36 per annum. **0117 9676734**

**Ballroom Dance Club:** 8pm-10pm. Some knowledge of Modern and Latin American dancing needed. Monthly Saturday night dances. Contact: **0117 9603333**.

**Zumba:** 6pm-6:45pm. Dance workout that will tone and sculpt your body. Contact Philomena **07966373089**

**Flow Yoga:** 7:30pm-9pm. Suitable for all levels. Contact **07803404050** for details

### Wednesday Morning

**Slimming World:** 9:30am. Contact Sharon **07979494964**

**50+ Aerobics:** 10am-11am. Light and easy aerobics for +50's or the less fit. Contact **0117 9613327**

**Little Folk Toddlers:** 9:15am-11:15am. Children 0-4 years (7 in Hols). Toys and Activities. Limited places. Some trips and group activities. £1.50/wk. **0117 9353864**

### Wednesday Afternoon

**Hanham History (1<sup>st</sup> & 3<sup>rd</sup>):** 2pm-4pm. Anything of local interest on Hanham history. No skills required Anyone welcome. £1/wk. Contact **0117 9871132**

**Flower Club:** 1:30pm-3:30pm. Flower arranging classes for all ages and abilities. Contact **0117 9374157** for details. £14 per 12 weeks.

**Tea Dance:** 2pm-4pm. Afternoon Tea Dance to records (CDs). Come along and join in for a sociable afternoon, a chat and a dance. £1.50 **01179674439**

**Ladies Club:** 2pm-4pm. Chair exercises, Bingo & quiz programme. Occasional speakers. Contact **0117 9612092**

**Foot care:** 12:45pm-3pm. Toenail cutting and general foot care for retired people. £15. Contact **0117 3300117**

**Art Club: Leisure:** 2pm-4pm. No tutor. Painting and art work. Small friendly group. All Welcome **0117 9836676**

### Wednesday Evening

**Hanham Players:** 8pm-10pm. Produce 3 productions per year in Jan, June and October. Looking for new acting and non-acting members. £10 per annum. Contact J Blackwood **0774 5134248** for details

**Bingo:** 7:30pm. Meets weekly for some fun and a drink. So why not pop along and chance your luck on the numbers. For all ages and abilities. 30-40p/wk. **0117 9674439**

**WI (3<sup>rd</sup>):** 7:30pm-9:30pm. Contact **0117 9608494**

**Hanham AA:** 8pm-9pm. Details from the office.

**Zumba:** 6pm-7pm. Dance workout that will tone and sculpt your body. Contact Philomena **07966373089**

**Bridge Club:** 7:15pm-10:30pm. Play Bridge on a friendly basis or in one of our teams. Players need a partner for duplicate bridge. Contact **0117 3730613**

**Affordable Therapy (2<sup>nd</sup>):** 7pm-9pm. Choose from a range of therapies. Contact **07779234144** or visit [www.affordabletherapies.co.uk](http://www.affordabletherapies.co.uk)

**Beginners Yoga:** 7:15pm-8:15pm. Drop in or courses available. Contact **07803404050** for details

**Army Cadets:** 7:15pm-9:30pm. HQ **0117 9863344**

### Thursday Morning

**Slimming World:** 9:30am & 11:30am. Contact Sara **0117 9602802**.

**Coffee Morning:** 10am-11:30am. Pop in for a coffee and a friendly chat. Contact **0117 9600100** for details.

**Zumba:** 9:30am-10:30am. Dance workout that will tone and sculpt your body. Contact Philomena **07966373089**

### Thursday Afternoon

**Hanham Retirement Club:** 2pm-4pm. A varied programme of entertainment and activities, and a chance for a chat and cup of tea. Contact **0117 9324196**

### Thursday Evening

**Big Knits (3<sup>rd</sup>):** 7:30pm-10pm. Hints and tips on machine knitting. Very friendly group. Occasional speaker. £2/session. Contact **0117 9071097** for details

**Hanham Lace Circle (4<sup>th</sup>):** 7:30pm-9:30pm. Contact **07590214590** or email: [majohnstone11@gmail.com](mailto:majohnstone11@gmail.com)

**Beginners Ballroom:** 7:30pm. Learn Ballroom and Sequence dance from the basic steps. Popular class. £5/session. Contact **0117 9573352** for details

**Hanham Art Club:** 7pm -9:pm. All standards in all mediums. Everyone welcome including beginners. Taster session £2. Contact **0788 0548481** for details

**Weight Watchers:** 7pm-8:30pm

**Sequence Dance:** 7:45pm-10pm. Modern ballroom, Latin and old time sequence. New sequences taught as well as old favourites. £3.00/session. Contact **0117 9657110**

**Falun Gong:** 7pm-9pm. Contact Amy **07779630739**

### Friday Morning

**Short Mat Bowls:** 10:30am-12:30pm. £1.75 each

### Friday Afternoon

**Lace Making:** 2pm-4pm.

### Friday Evening

**Hanham Players:** 8pm-10pm. See Wed Eve for details. £10 per annum. **07745134248**

### Saturday Morning

**Zumba:** 10am-11am. Dance workout that will tone and sculpt your body £4. Contact: Debbie **07795811083**

**Children's Ballet:** Contact **0117 9372403** for details.

### Sunday Evening

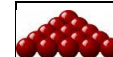
**Every Sunday:** Tom's Sunday Club. Charity Sing-along. 8pm- 11pm. £4.50 each includes raffle ticket.

**2<sup>nd</sup> Sunday of month:** Open Mic Night. 2nd Sunday of the Month. A new venture at the centre. Starts at 8pm Free Entry. Bar from 7:30pm.

## Function Suites & Room Hire

Whether you are interested in setting up a new regular activity, or need a room for a one-off event or meeting then please contact the office, visit the website or see our other leaflet. Or if you are thinking of having a party, we cater for most family events (though not 18<sup>th</sup> Birthday parties). We have two Function Rooms suitable for 200 and 120 people each with a stage and their own Bar, as well as the Lounge Bar. Come in and talk to Sheena or Jane to discuss your requirements.

## Sports



**Snooker:** Two full sized tables. Juniors and seniors. Play for fun or in the league. Contact **Craig 0117 9145990**

**Crickets Club:** Junior and Seniors. Thriving club with active playing and busy social calendar. New members always welcomed. Under 11's, 15's & 17's.



**Tennis Club:** Two refurbished courts with flood lighting. Monday night pay and play 7pm - 9pm £3 per session. Come along and give Tennis a try. [www.hanhamtennisclub.co.uk](http://www.hanhamtennisclub.co.uk)

**Hanham Community Centre is a Registered Charity**  
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