



COMMUNITY CENTRE NEWS

Contact us on: 01208 872 207

or reception@lostwithielcommunitycentre.org.uk

or find us on Facebook.

www.lostwithielcommunitycentre.org.uk

After the Tresorys Kernow meeting I looked over the ideas and suggestions and realised that a lot of people don't know what we have here at the Community Centre! I saw Football, Netball and Short Mat Bowls suggested – well, we do have all those:

Football from ages 18month - 40yrs with Kixx and Lostwithiel Football Club

Netball from 14yrs - 70+yrs every Wednesday 7.45pm

Short Mat Bowls Thursday and Sunday evenings at 7pm.

We also have lots of different sports, exercise classes and clubs, like Boogie Bounce on Wednesdays 6.30pm - 7.30pm - and if we haven't got what you want to do or then tell me and I will always try my hardest to find out about it!

So this month I am putting all the activities and clubs on the timetable below, so you can cut it out and stick it on the fridge!

A Heads-up . . . we are going to try to do the 5 weeks Summer School Holiday Activities again, because it was a huge success.

Also in July, we're holding a Fundraising Day for upgrading the Changing Rooms with ALL the football teams in the Centre . . . from 18months to 11yrs, Kids v Coaches (coaches' legs tied together) Coaches v Parents and then the Lostwithiel Men's Football Club First Team and Second Team (not decided on what they're doing yet !!!) So watch this space !!

EASTER EGG HUNT: Like the Halloween trail, start at the Centre and go around town with a sheet to write your answers on, then come back for a treat !

U3A POETRY GROUP have a new venue. They are meeting every second Friday in the month at 10.30am at Lostwithiel Community Centre in the new Reading Room (Post Office Room)

BOOK CLUBS

Two Book Clubs that meet. every 2nd and 3rd Monday in our new Reading Room

STORY TIME AT THE CENTRE!

I am starting a Story Time hour soon, twice a week. It will be in the Reading Room, on beanbags for toddlers, before school pick up time. Mums can catch up and have a coffee before school pick-up madness starts. Watch out for posters!

Also coming up this year in the Reading Room will be . . .

Knit and Natter Group - Craft Group - Meet & Mingle Coffee Mornings

COLLECTING/RECYCLING BOXES

Did you know that here at the Centre we collect Batteries ,Crisp Packets , Ink Cartridges and Used Stamps for recycling. Be green with us!

LOOKING FORWARD TO THE JUBILEE

There are all sorts of plans afoot for celebrating the Queen's Jubilee Weekend in June, here and throughout Lostwithiel.

We are holding two Wreath-making Workshops here in the Main Hall at the Centre, on Saturday April 23rd and Sunday May 15th. Come along and help us make Jubilee decorations for the town.

We're collecting spare red, white and blue material for the wreaths now – do bring in any scraps or remnants in those colours. Thanks in advance!

VOLUNTEERS WANTED FOR HELPING WITH . . .

One hour a week to read a children's story. A weekly Knit and Natter Group – to help set up

Organising a Card Games Club.

Do you have any skills that you could help the Centre with? We need people who can give an hour now and then to do odd jobs, painting, gardening etc – and of course coming up to Christmas there are always lots of things to do!

If you have any good ideas or feedback for the Centre, either

Ring me - Kirsty 01208 872 207

Email me: reception@lostwithielcommunitycentre.org.uk

Social media - contact me via Facebook or -

Come in and speak to me !! Kirsty

	READING ROOM	MAIN HALL	STUDIO 2
Monday	Book Club every 2 nd & 3 rd Monday in the month Post Office 2.30-5.30pm	5-7pm Town band	Baby Ballet Boppers 10.30-11.05am 6 months -3yrs Pre-school Ballet 3-4yrs 11.10am-11.40am Boxercise 17.15-17.55 18.30-19.30 Adults
Tuesday	Ruggers & Hookers Crafters 10-12pm	9-12pm...Preschool Playgroup 4-5pm Kixx Football 5-6pm...Kixx Football Town Council Meeting 7pm/ Zumba	Boxercise Kids 6-9yrs 5pm Kids 10-15yrs 5.40pm
Weds		10.30- 11.30am Flexercise 1.30-2.30pm Tapacise 4.20-5pm girls 6-10yrs Kixx 5-6pm kids Kixx 6.30-7.30pm Boogie Bounce 7.30pm - 8.30pm Netball	Legs, Bums, Core 18.15-19.15pm
Thursday	Post Office 9.30 - 1pm	9-11.30pm Giggles & Dribbles 1-2pm Strickly 3.30-5.30pm Karate 7- 8pm Short Mat Bowls	Adults Ballet 7-8pm
Friday	Poetry group 10.30-12pm every 2 weeks	Dog Training C 5- 6pm	Ballet & Street Dance 4.15-4.45pm Ballet 4-6yrs 4.45-5.15pm 5yrs + Break dance 5.15-5.45pm ballet 6yrs 5.45-6.15pm Street Fusion Seniors 8+ yrs 6.15-6.45pm Grade 1 Ballet 8+yrs
Saturday		9-11Am Kixx Football	
Sunday		7-8 pm Short Mat Bowls	

	YOGA STUDIO	OASIS DOWNSTAIRS
Monday	10.30-11.30am Step Aerobics 11.30-12.30am Yoga for Wellbeing 6.30-8pm Yoga for Wellbeing	Youth Kids Club 6pm-9pm 7-10yrs 11-15yrs
Tuesday	10-11.10am Somatic Movement Therapy 2pm -Adam - Osteopath led Pilates 17.45-18.45pm Beginners Pilates With Michelle VJ 19.00-20.00 Intermediate Pilates	9.15am -9.50am Chair Yoga & Somatics
Wednesday	9.15-10.15am Step Aerobics 11.40-12.40pm Beginner/improver Pilates 5.15-6pm Drama 6.30-7.30pm Wendy - Yoga	Post Natal Yoga 10-12pm
Thursday	9.15am 10.15am Step Aerobics 10.30-11.15am Chair Yoga & Somatics & Breathing 6-7pm Dance with Sam 7.15-8.15pm	Woodturners 6pm
Friday	9.15am – 10.10am Somatic Movement Therapy 10.15am-11.15am Yoga for Well being 11.15am -12.15pm Yoga for Well being Boot Camp 5.15pm with Lee	
Saturday		Woodturners 10am (once a month)