

# FOCUS

EVENTS AND NEWS FROM WALDRINGFIELD VILLAGE HALL  
Bookings: [waldringfield.onesuffolk.net/our-village/village-hall/](http://waldringfield.onesuffolk.net/our-village/village-hall/)

Sept/Oct 2023

**BOUNCE INTO THE AUTUMN!** Restarting on Monday, 18<sup>th</sup> September at 11.45am.

This hour of exercise, formerly known as Better Balance, focuses on building core strength and flexibility, both vital for maintaining good balance and mobility. Gentle cardio, stretch and strength are all included in a mix of seated and standing movement. Classes are £7 each, payable at 4 weekly intervals, i.e. £28 per 4 weeks.

Incorporating regular gentle but challenging exercise into our day helps us to maintain health, happiness and wellbeing.

**Come along and join your friends and neighbours on 18<sup>th</sup> September!**

## COFFEE MORNINGS

Thursday 7<sup>th</sup> September  
10am to 12pm

Macmillan Coffee Morning

Thursday 28<sup>th</sup> September  
10am to 12pm

**Please note there is not a  
coffee morning in October**

## WINTER GREENERY WORKSHOP

Waldringfield Gardeners are holding their annual Winter Greenery Workshop on Saturday 25<sup>th</sup> November in the Village Hall 10.00 - 1.00pm Learn from a professional how to make a wreath, swag/garland or table centre piece.

Prices £11 workshop, plus materials, depending on what you are making.

Free refreshments will be served.

Please let Alexis know if you would like to reserve a space: [g1dik@btinternet.com](mailto:g1dik@btinternet.com)

## GREENER WALDRINGFIELD

Repair Cafe: Saturday 21<sup>st</sup> October 10.00am -12.30pm bring your tools to be sharpened, and any repairs - electrical, electronic, wood work, jewellery, sewing, bikes - that you would like help or advice on.

Saturday October 28<sup>th</sup>: Pumpkin Party - the Lantern Parade through Church Field to the river starts outside the Village Hall at 5.00 p.m.

Thursday November 23<sup>rd</sup>: Celebration Party - Greener Waldringfield and Waldringfield Gardeners and Waldringfield Wildlife Group. Come and share all we have done and bring your ideas for what else we could be doing. Wine and nibbles. 7.30pm

## HARVEST SUPPER: SATURDAY 28<sup>th</sup> OCTOBER

For tickets and information speak to one of the members of the Coffee Morning Team at the Coffee morning on Thursday 7<sup>th</sup> September.

## WALDRINGFIELD WILDLIFE GROUP (WWG)

Saturday 14<sup>th</sup> October at 11am Illustrated talk by Gi Grieco Suffolk Bird Group

Non-members & Visitors £3 Paid up Members no charge. Preceded by AGM at 10.00am prompt start. New members welcome (Membership £10) linda.thequay@btinternet.com or Jill jillwinter2@gmail.com

### REGULAR EVENTS

- Monday** Post Office Van 11am-12.45pm *by the large oak tree in the car park - please always leave that space free as otherwise electronic transactions may be hindered.*  
**Bounce Back Balance Class** 11.45am Mary Beth Skellorn 01453 736306
- Tuesday** Pilates 9.30am *Tone Pilates* 07964 325783 [www.tonepilates.co.uk](http://www.tonepilates.co.uk)  
Parish Council Meetings *Parish Clerk* 01394 736475  
Karate Leonie Kersey Tel: 07868139743 Email:[info@evolutionkarate.co.uk](mailto:info@evolutionkarate.co.uk)
- Wednesday** Post Office Van 11am-12.45pm *by the large oak tree in the car park - please always leave that space free as otherwise electronic transactions may be hindered.*  
The Seasons Art Classes. More information: Jenny McEvoy 01394 248434  
<https://www.facebook.com/seasonsartipswichwoodbridge>  
Come Dancing 6pm [robfisher05@gmail.com](mailto:robfisher05@gmail.com) 01473 613428
- Thursday** Art Group 1.30pm-4.30pm *Kit Clark* 736670 [joeandkit@icloud.com](mailto:joeandkit@icloud.com)  
History Group 2pm-5pm (monthly) 01304 283347 [mgtlake@aol.com](mailto:mgtlake@aol.com)  
Wine Club (monthly) David Eaton 01473 736754 [danteaton@btinternet.com](mailto:danteaton@btinternet.com)  
**Woodbridge Table Tennis Club** Clive French 07487 399794 [eightbitmosaic@gmail.com](mailto:eightbitmosaic@gmail.com)
- Friday** Post Office Van 11am-12.00pm *by the large oak tree in the car park - please always leave that space free as otherwise electronic transactions may be hindered.*  
Stretch & Tone 1-2pm *Di Taylor* 07748 611730 [didee33@hotmail.com](mailto:didee33@hotmail.com)

### Dates for your diary

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|-------------------------------------|--|
| Sunday 10 <sup>th</sup> September   | 10am- 5pm Ipswich RC Truckers "Playday"  |
| Thursday 7 <sup>th</sup> September  | 10am Coffee Morning  |
| Thursday 14 <sup>th</sup> September | 2pm History Group  |
| Thursday 28 <sup>th</sup> September | 10am Coffee Morning  |
| Thursday 28 <sup>th</sup> September | 7.30pm Wine Club   |
| Thursday 5 <sup>th</sup> October    | 2pm History Group  |
| Saturday 14 <sup>th</sup> October   | 11am WWG illustrated talk followed by AGM  |
| Saturday 21 <sup>st</sup> October   | 10am Repair Cafe   |
| Saturday 21 <sup>st</sup> October   | 7.30pm Waldringfield Sessions: Christina Alden and Alex Patterson<br>for tickets contact Simon on 07515 385550 |
| Saturday 28 <sup>th</sup> October   | 5pm Pumpkin Party  |
| Saturday 28 <sup>th</sup> October   | Harvest Supper   |
| Thursday 2 <sup>nd</sup> November   | 7.30pm Wine Club   |

### Future Dates

- Friday 3<sup>rd</sup> November** 7.30pm Winter Talk: Smuggling on the East Coast
- Wednesday 22<sup>nd</sup> November** 7.30pm Waldringfield Gardeners AGM followed by mulled wine and mice pies
- Friday 8<sup>th</sup> December** 7.30pm Winter Talk: My Journey in the Farming Business