

**ST PETERS CHURCH HALL REGULAR USERS**

<b>Day</b>	<b>Main Hall</b>	<b>Lesser Hall</b>	<b>Meeting Room</b>
Monday	0900-1200 Footprints (Toddler Group)* 12.30-13.30 Move it or Lose it- Keep Fit 1400-1700 Film Club- Home Instead <b>4<sup>th</sup> Mon</b> 1600-1800 Henleaze Dance* 1930-2130 St Peter's Badminton and Social Club	0900-1200 Footprints (Toddler Group)*	0920-1150 Music with Mummy* 1400-1600 U3A Philosophy <b>1<sup>st</sup> Mon</b>  1600-1800 Henleaze Dance <b>4<sup>th</sup> Mon*</b>
Tuesday	0915-1015 Men at St Peter's Keep Fit Group 1045-1145 Ladies Keep fit 1210-1310 Zumba 1430-1900 Henleaze Dance* 1930-2130 Westbury Scottish Country Dance Club	1545-1900 Henleaze Dance*	1030-1230 U3A Democracy <b>2<sup>nd</sup> &amp; 4<sup>th</sup> Tues</b> 1400-1600 U3A Craft Group <b>1<sup>st</sup> Tues</b> 1400-1600 U3A Philosophy <b>Last Tues</b>
Wednesday	1000-1100 Keep Fit 1330-1600 St Peter's Ladies Guild <b>3<sup>rd</sup> Wednesday (Not Aug)</b> 1330- 1600 TWG <b>1<sup>st</sup> Wed (not Aug)</b> 1600-1800 UKTC Taekwon-Do 1800-1915 Brownies* 1915-2200 Melody Makers Choir*	1030-1230 U3A Textiles <b>4<sup>th</sup> Wed</b> 1115-1215 Chair Aerobics  1800-1915 Brownies*	1000-1300 Sing and Sign*  1915-1930 Brownies
Thursday	1000-1100 Laili Keep Fit 1115-1215 Henleaze TWG Tai Chi 1345-1600 Henleaze Ladies Choir ( <b>Not June, July, August</b> ) 16.00-18.00 Henleaze Dance* 18.15-19.30 Brownies* 19.00-21.30 Guides*	0930-1230 Art Group  1815-1930 Brownies* 1900-2130 Guides*	1400-1600 U3A Discussion Group <b>2<sup>nd</sup> Thurs</b>  1800-1900 Henleaze Dance* 1900-2130 Guides*
Friday	1030-1130 Cressida Dancefit ( new time from 12 <sup>th</sup> Apr) 1630-1815 Rainbows* 1900-2200 Spanish Circle <b>Last Friday (not July &amp; Aug)</b>	1400-1600 Bristol Grandparents Support Group <b>Meets monthly</b> 1630-1815 Rainbows*	1630-1815 Rainbows*
Saturday	0845-14.00 Henleaze Dance*		
Sunday	1830-2100 Bristol Orchestral Players (BOP) <b>Meets Monthly</b>		

\*Term Time Only

## **St Peter's Church Hall- Regular Groups**

### **Bristol Orchestral Players**

An orchestra that meets monthly to play through symphonies and other works in the orchestral repertoire. We hold one informal concert a year.

Sunday evenings - once a month during the Autumn and Spring Terms; once a week in the Summer Term, running up to our concert.

Please bring an Instrument and music stand

£30.00 for the year.

Please contact us in advance to see whether we have vacancies for your instrument.

Website: <https://www.bristolorchestralplayers.co.uk>

Contact: Joanna Mellors on: [joannamellors34@gmail.com](mailto:joannamellors34@gmail.com)

### **Dancefit with Cressida Childs**

Fun dance inspired fitness class with wide variety of music (pop, Latin etc). All welcome.

Fridays 10.30-11.30am

£7 per session, no booking required

07808 581739 [www.cressidachilds.co.uk](http://www.cressidachilds.co.uk)

### **Footprints**

Mondays (during term time) 10.00am-11.30am

Toddler Group open to parents, grandparents, child minders and carers with their toddlers and babies. We support families and children by providing a safe and welcoming space for parents and carers to meet in a relaxed and informal environment where children can play, learn and interact.

Contact through <https://www.stpetershenleaze.org/children-youth>

## **Girl Guiding**

We have a thriving Guiding community within Henleaze. At St Peter's Church Hall we have 2 Rainbow units, 2 Brownie units and 1 Guide unit. All our own units are very busy and have waiting lists. If you would like your daughter to join please visit <https://www.girlguiding.org.uk/information-for-parents/register-a-child/>

We are always on the look out for new volunteers, if you are interested please visit <https://www.girlguiding.org.uk/get-involved/become-a-volunteer/register-to-volunteer/>

## **Henleaze Senior Film Club**

Runs on the fourth Monday of the month except in May, August and December when the dates move due to Bank Holidays.

Come and join us for a relaxed and friendly afternoon with a good film, company and cake!

Everyone welcome – Refreshments £4

For more information, please call Home Instead on 0117 435 0063.

## **Ladies Keep Fit with Laili Brooks**

An all over workout, for cardiovascular fitness as well as toning, and with a dance element. A thorough warm-up including comprehensive mobility exercises for every part of the body, and pulse raising, blends into a 20-30 minute low impact, fun, achievable, and uplifting cardio section; including toning exercises for the arms and legs, and standing leg work. This may include some Pilates type exercises; balance work; and stretching. Arms will be toned using exercises without the use of weights. The last quarter of the class is dance based as you will learn the choreography, and then dance to a specific song. Elements to keep the mind challenged (to stave off Dementia!) are also incorporated throughout the class. There will be no floor work, so no mat is required. This friendly popular session is suitable for all ages, levels, and abilities; particularly the older woman or young mum, who wants to maintain their general fitness, mobility, range of movement, and well-being.

Thursdays 10:00 - 11:00. £7. All welcome.

[Email laili@tiscali.co.uk](mailto:laili@tiscali.co.uk) to book. Full information on the website:- <http://www.exercisewithlailibrooks.com>

### **Melody Makers Choir**

We are a friendly and inclusive mixed community choir who sing pop, rock, folk and contemporary music styles. Members learn in a variety of ways with sheet music, lyric sheets and recordings to help outside of our rehearsal times. We perform in prestigious venues such as St. George's, Bristol Beacon, The Tower of London and have annual workshops with other choirs around the country.

Rehearsals - Wednesdays 7:45-9:30pm, term time only. St. Peter's Church Hall. Free taster rehearsals occur on the first week of each term, three times a year. Booking is essential.

No experience needed and no auditions.

[www.melodymakerschoir.co.uk](http://www.melodymakerschoir.co.uk)

### **Men at St Peter's Keep Fit Group**

Weekly class of one hour led by a qualified fitness instructor for men of retirement age.

Tuesdays 9.15 -10.15

Comfortable exercise clothes and shoes

£5 p.w (First week free)

Contact: Keith Bonham 0117 968 4972 [babubon38@gmail.com](mailto:babubon38@gmail.com)

### **Move it or Lose it**

This is a fun, friendly class, great music and mostly seated aimed at an older or less mobile adult. Half the class takes place in the chair then the second half we stand, use the chair as a balance aid and we use light weights to strengthen joints and muscles for independent functional fitness

Monday 12.30-1.30pm

Wear clothes and footwear suitable and comfortable to exercising.

£5 per class - Try your first class for free

Contact Natasha Johnson on 07810068722

### **Music with Mummy**

Fun music classes for babies and pre-schoolers with their parent/ carer. Small, friendly groups singing a variety of traditional and new, purpose written songs.

Mondays: 9.20am and 10.00am & 11.20am Music With Mummy; 10.40am Jolly Babies

Please bring a mat to sit on and some percussion instruments (also available to borrow)

£6 per week payable half termly in advance- Free taster session available, just drop me an email

Contact Fiona Reilly 07503037888. freilly73@yahoo.com

Facebook,: <https://www.facebook.com/mwmb8andbs9> Website <http://www.musicwithmummy.co.uk>

### **Sing and Sign - Bristol**

We teach your family how to communicate before baby can talk. Music and singing make it fun for baby while you learn songs and signs to share with your baby.

Classes for toddlers, babies and infants. Booking required and tasters available. Please get in touch for more info.

Katherine Amor

katherineamor@singandsign.co.uk

or find us on Facebook and Instagram

### **Spanish Circle**

If you are interested in Spanish and Latin American culture, come and meet a group of friendly people and enjoy talks in Spanish, musical events and social evenings, with tapas and wine.

Meet last Friday of the month

For more info visit <https://www.spanishcirclebristol.com>

### **St Peter's Badminton and Social Club**

We are a small friendly Badminton club. We play doubles, with a break for tea just after half time. We play for fun but enjoy competing among ourselves.

Monday evenings from 7.30pm to 9.30pm

Please wear non marking soft soled court shoes or trainers, clothes comfortable to play in, and a Badminton racquet. If you don't have one, it should be possible to borrow one for the first few sessions.

Membership Fee: September to May - £99.00

Visitor Fee per night - £4.00      Accompanied Junior per night - £2.00

To get your First Night Free Quote "StPBH"

Contact Ann: tel 0117 9694882 email contactann999@gmail.com

### **St Peter's Ladies Guild**

Monthly meetings for talks or entertainment. Spring Lunch. Warm welcome to all ladies looking for a social afternoon.

2.00 - 3.45 pm on the third Wednesday of the month, excluding August

£15 per annum covers all meetings and tea/coffee and biscuits. Additional costs for other events.

Visitors- £2 per meeting including tea/coffee and biscuits

Contact: Valerie Bishop 9421261 or Wilma Gough 9628895

### **UKTC Taekwon-Do**

Taekwon-Do classes suitable for all ages, new beginners always welcome.

Wednesday 3-5-year old 4.00-4.45pm, 6 years and above 4.40-5.45pm

Book your Free Trial via our website <https://www.uktc.co.uk>

## **Westbury Scottish Country Dance Club- Tuesday**

Scottish Country Dancing is sociable, lively and fun country dancing, exercising mind and body to great music. Have fun, keep fit and meet people. We run a class for those who have some experience. Beginners are welcome.

Tuesdays, 7.30 to 9.30pm.

Just bring flat shoes and comfy clothes.

£6.00 per class, or £5.00 if a member (at £10 p.a.). First taster session free.

Contact Cheryl or Maggie for information about all classes:

Cheryl: 0117 401 2416 / 07792 567864 [cheryl.ayers@me.com](mailto:cheryl.ayers@me.com)

Maggie: [maggiekirkup@gmail.com](mailto:maggiekirkup@gmail.com)

See our website: [westburyscottish.org.uk](http://westburyscottish.org.uk) for full details.