

Notes for your diaries

Wednesday 2nd August, Yoga at Naturel, Warden. 6-7.30pm Open to all, 7.45-9.15pm Men Only. Contact Norah Phipps 01434 674249 or email yoganorah@gmail.com

Friday 4th August, Yoga at Naturel, Warden. 9.15-10.45am Women Only. Contact Norah Phipps 01434 674249 or email yoganorah@gmail.com

Friday 4th August, Parkinson's Group, Newbrough Town Hall 10:30am – 12:30pm

Saturday 5th August, Mobile Fish & Chip Van. The mobile fish and chip van will be at the Millennium Beacon between 4:30 and 6:30pm and at Sidgate from 6:45 to 7:15pm.

Sunday 6th August, Pilates with Perfectly Pilates. at Naturel, Warden. 10:00am - 11:00am. Open to all. Private, tailored one-to-one sessions or small group classes also available. This may be supplemental to your existing pilates regime to focus on target areas of concern re rehabilitation, or in place of attending a larger class. Thursday afternoons/evenings and Sunday mornings. Contact Sarah on 07341 817156 or email sarah@perfectlypilates.co.uk. Facebook @perfectlypilatesuk

Monday 7th August, Barber Bus. Millennium Beacon 3:30-4:30pm

Monday 7th August, Pilates. At Naturel, Warden 7:15pm details from web site - www.patwaterspilates.com

Wednesday 9th August, South Shields Trip The annual village South Shields trip £5 per seat, leaving Red Lion at 9am and heading home around 5:30pm. I only have 1 bus going so if you would like a seat I need your £5 per seat to secure your place. Please contact Rebecca Sutton on 07845 370557 All welcome so please spread the word 😊 xx

Wednesday 9th August, Yoga at Naturel, Warden. 6-7.30pm Open to all, 7.45-9.15pm Men Only. Contact Norah Phipps 01434 674249 or email yoganorah@gmail.com

Wednesday 9th August, St Aidan's Youth (age 9 - 13). Newbrough Town Hall 5 - 7 pm

Thursday 10th August, W. I. Coffee Morning. Newbrough Town Hall 10:30am to 12pm

Thursday 10th August, Pilates with Perfectly Pilates. at Naturel, Warden. 6:30pm - 7:30pm. Open to all. - Private, tailored one-to-one sessions or small group classes also available. This may be supplemental to your existing pilates regime to focus on target areas of concern re rehabilitation, or in place of attending a larger class. Thursday afternoons/evenings and Sunday mornings. Contact Sarah on 07341 817156 or email sarah@perfectlypilates.co.uk. Facebook @perfectlypilatesuk

Friday 11th August, Yoga at Naturel, Warden. 9.15-10.45am Women Only. Contact Norah Phipps 01434 674249 or email yoganorah@gmail.com

Saturday 12th August, Haircuts at the Town Hall, Sophie will be at Newbrough Town Hall from 9am – 12:30pm

Saturday 12th August, Community Coffee. The Red Lion 11am to 1pm

Sunday 13th August, Pilates with Perfectly Pilates. at Naturel, Warden. 10:00am - 11:00am. Open to all. Private, tailored one-to-one sessions or small group classes also available. This may be supplemental to your existing pilates regime to focus on target areas of concern re rehabilitation, or in place of attending a larger class. Thursday afternoons/evenings and Sunday mornings. Contact Sarah on 07341 817156 or email sarah@perfectlypilates.co.uk. Facebook @perfectlypilatesuk

Monday 14th August, Yoga at Naturel, Warden. Mixed class 9:30am to 11:30am. Contact Norah Phipps 01434 674249 or email yoganorah@gmail.com

Monday 14th August, Pilates. At Naturel, Warden 7:15pm details from web site
- www.patwaterspilates.com

Tuesday 15th August, Yoga at Naturel, Warden. Mixed class 7-9pm. Contact Norah Phipps 01434 674249 or email yoganorah@gmail.com

Wednesday 16th August, Yoga at Naturel, Warden. Mixed class 6:30-8:30pm. Contact Norah Phipps 01434 674249 or email yoganorah@gmail.com

Thursday 17th August, Pilates with Perfectly Pilates. at Naturel, Warden. 6:30pm - 7:30pm. Open to all. - Private, tailored one-to-one sessions or small group classes also available. This may be supplemental to your existing pilates regime to focus on target areas of concern re rehabilitation, or in place of attending a larger class. Thursday afternoons/evenings and Sunday mornings. Contact Sarah on 07341 817156 or email sarah@perfectlypilates.co.uk. Facebook @perfectlypilatesuk

Friday 18th August, Yoga at Naturel, Warden. Mixed class 9:15am to 11:15am. Contact Norah Phipps 01434 674249 or email yoganorah@gmail.com

Friday 18th August, Parkinson's Group, Newbrough Town Hall 10:30am – 12:30pm

Saturday 19th August, Yoga at Naturel, Warden. Mixed class 11am to 1pm. Contact Norah Phipps 01434 674249 or email yoganorah@gmail.com

Sunday 20th August, Pilates with Perfectly Pilates. at Naturel, Warden. 10:00am - 11:00am. Open to all. Private, tailored one-to-one sessions or small group classes also available. This may be supplemental to your existing pilates regime to focus on target areas of concern re rehabilitation, or in place of attending a larger class. Thursday afternoons/evenings and Sunday mornings. Contact Sarah on 07341 817156 or email sarah@perfectlypilates.co.uk. Facebook @perfectlypilatesuk

Sunday 20th August, The Boatside Horticultural Show. The show will be held in marquees in the grounds of The Boatside Inn, Warden and opens at 2pm. There will be a £1 admission charge with children being admitted for free. At 5pm there will be an auction of the produce. Entry forms available from The Boatside, Fourstones Filling Station and this web site.

Monday 21st August, Pilates. At Naturel, Warden 7:15pm details from web site
- www.patwaterspilates.com

Wednesday 23rd August, Yoga at Naturel, Warden. 6-7.30pm Open to all, 7.45-9.15pm Men Only. Contact Norah Phipps 01434 674249 or email yoganorah@gmail.com

Wednesday 23rd August St Aidan's Youth (age 9 - 13). Newbrough Town Hall 5 - 7 pm

Thursday 24th August, Pilates with Perfectly Pilates. at Naturel, Warden. 6:30pm - 7:30pm. Open to all. - Private, tailored one-to-one sessions or small group classes also available. This may be supplemental to your existing pilates regime to focus on target areas of concern re rehabilitation, or in place of attending a larger class. Thursday afternoons/evenings and Sunday mornings. Contact Sarah on 07341 817156 or email sarah@perfectlypilates.co.uk. Facebook @perfectlypilatesuk

Friday 25th August, Yoga at Naturel, Warden. 9.15-10.45am Women Only. Contact Norah Phipps 01434 674249 or email yoganorah@gmail.com

Friday 25th August, Coffee Morning. Fourstones Methodist Chapel 10am to 1pm

Sunday 27th August, Pilates with Perfectly Pilates. at Naturel, Warden. 10:00am - 11:00am. Open to all. Private, tailored one-to-one sessions or small group classes also available. This may be supplemental to your existing pilates regime to focus on target areas of concern re rehabilitation, or in place of attending a larger class. Thursday afternoons/evenings and Sunday mornings. Contact Sarah on 07341 817156 or email sarah@perfectlypilates.co.uk. Facebook @perfectlypilatesuk

Monday 28th August, Pilates. At Naturel, Warden 7:15pm details from web site - www.patwaterspilates.com

Wednesday 30th August, Yoga at Naturel, Warden. 2 taster sessions. Come along and see if Iyengar Yoga is for you. 6pm-7.15pm open to all and 7.45-9pm Men only. Contact Norah Phipps 01434 674249 or email yoganorah@gmail.com

Monday 4th September, Warden Parish Council. Newbrough Town Hall, 7pm

Wednesday 6th September, Newbrough Parish Council. Newbrough Town Hall, 7pm

Saturday 9th September, Village Produce Show. Schedules and entry forms will be available in the Garage and online through the Village website from early this month. Pick one up and enter an exhibit, or two, in this friendly show which is admirably suited to those who have never tried before.

Other News:

The Stanegate Magazine available On Line. The stanegate magazine can be read in glorious technicolour by going to the village web site www.fourstonesandnewbrough.co.uk and selecting Stanegate Magazine from the Village News tab. Copies of the magazine are available for the last 12 months.

If you have dates of events that you would like publicised or know of anyone who would like to be added to the mailing list please email Fourstones Info for further information on local events and news refer to www.fourstonesandnewbrough.co.uk. If you would like to be removed from this mailing list please reply to this email with the subject as unsubscribe.