

Notes for your diaries:

**Sunday 1<sup>st</sup> October Family Fun Day**, Fun for all the family at the Limeworks estate (down from the Millennium Beacon) 11-5. Fun dog show, indoor car boot sale, cake stall, tombola, local businesses and much, much more.

**Sunday 1<sup>st</sup> October, 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 2<sup>nd</sup> October, Barber Bus**. Millennium Beacon 3:30-4:30pm

**Wednesday 4<sup>th</sup> October, St. Aidan's Youth Club**. Newbrough Town Hall 5-7pm

**Wednesday 4<sup>th</sup> October, 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

**Thursday 5<sup>th</sup> October, Pilates with Perfectly Pilates** at Naturel, Warden at the later time of 7:15pm-8:15pm. 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 6<sup>th</sup> October, Yoga at Naturel, Warden**. Mixed class 9:15am to 11:15am. Contact Norah Phipps 01434 674249 or email yoganorah@gmail.com

**Friday 6<sup>th</sup> October, Parkinson's Group**, Newbrough Town Hall 10:30am – 12:30pm

**Saturday 7<sup>th</sup> October, 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 8<sup>th</sup> October, 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

**Wednesday 11<sup>th</sup> October, 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

**Thursday 12<sup>th</sup> October, Pilates with Perfectly Pilates** at Naturel, Warden at the later time of 7:15pm-8:15pm. 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](tel:07341817156) or email [sarah@perfectlypilates.co.uk](mailto:sarah@perfectlypilates.co.uk). Facebook [@perfectlypilatesuk](https://www.facebook.com/perfectlypilatesuk)

**Thursday 12<sup>th</sup> October, W.I.** Newbrough Town Hall 7pm

**Friday 13<sup>th</sup> October, Yoga at Naturel, Warden.** Mixed class 9:15am to 11:15am. Contact Norah Phipps 01434 674249 or email [yoganorah@gmail.com](mailto:yoganorah@gmail.com)

**Saturday 14<sup>th</sup> October, Haircuts at the Town Hall,** Sophie will be at Newbrough Town Hall from 9am – 12:30p

**Saturday 14<sup>th</sup> October, Community Coffee.** The Red Lion 11am to 1pm

**Sunday 15<sup>th</sup> October, 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](tel:07341817156) or email [sarah@perfectlypilates.co.uk](mailto:sarah@perfectlypilates.co.uk). Facebook [@perfectlypilatesuk](https://www.facebook.com/perfectlypilatesuk)

**Wednesday 18<sup>th</sup> October, 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](mailto:yoganorah@gmail.com)**Wednesday 18<sup>th</sup> October, St. Aidan's Youth Club.** Newbrough Town Hall 5-7pm

**Thursday 19<sup>th</sup> October, Pilates with Perfectly Pilates** at Naturel, Warden at the later time of 7:15pm-8:15pm. 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](tel:07341817156) or email [sarah@perfectlypilates.co.uk](mailto:sarah@perfectlypilates.co.uk). Facebook [@perfectlypilatesuk](https://www.facebook.com/perfectlypilatesuk)

**Friday 20<sup>th</sup> October, Yoga at Naturel, Warden.** Mixed class 9:15am to 11:15am. Contact Norah Phipps 01434 674249 or email [yoganorah@gmail.com](mailto:yoganorah@gmail.com)

**Friday 20<sup>th</sup> October, Parkinson's Group,** Newbrough Town Hall 10:30am – 12:30pm

**Sunday 22<sup>nd</sup> October, 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](tel:07341817156) or email [sarah@perfectlypilates.co.uk](mailto:sarah@perfectlypilates.co.uk). Facebook [@perfectlypilatesuk](https://www.facebook.com/perfectlypilatesuk)

**Wednesday 25<sup>th</sup> October, 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](mailto:yoganorah@gmail.com)

**Thursday 26<sup>th</sup> October, 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

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**Friday 27<sup>th</sup> October, Yoga at Naturel, Warden.** Mixed class 9:15am to 11:15am. Contact Norah Phipps 01434 674249 or email [yoganorah@gmail.com](mailto:yoganorah@gmail.com)

**Friday 27<sup>th</sup> October, Coffee Morning,** Methodist Chapel, 10am-1pm

**Sunday 29<sup>th</sup> October, 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](tel:07341817156) or email [sarah@perfectlypilates.co.uk](mailto:sarah@perfectlypilates.co.uk).  
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