

## **PICTON CENTRE WEEKLY COMMUNITY GROUPS**

\*\* please contact relevant group to ensure weekly meeting is taking place\*\*

### **MONDAY**

#### **TRACEY KEANE - ZUMBA FITNESS EXERCISE CLASS**

7PM to 8.30PM

CONTACT TRACEY ON 07773 126750

### **TUESDAY**

#### **WEIGHTWATCHERS (2 classes)**

9.30am UNTIL 10.30am

12pm UNTIL 1pm

Liz McMahan – [lmcmahan@weightwatchers.co.uk](mailto:lmcmahan@weightwatchers.co.uk)

**The Cleddau Artists Group** is a group of enthusiastic artists based at the Picton Centre, Freemans Way, Haverfordwest, and meets every Tuesday evening from September to May at 6.30pm to 8.30pm.

The group has an annual exhibition in September each year at City Hall, St. Davids. Pembrokeshire.

This very friendly group uses various mediums- watercolour, acrylics and oils. Although there is no regular teacher, members are only too keen to offer advice and a helping hand to beginners. The intention is to organize some demonstrations and arrange some trips at members requests. You can turn up on a Tuesday and have a go.

Contact :- Graham Morris E-mail:- [grahamb.morris@talktalk.net](mailto:grahamb.morris@talktalk.net)

Home Tel: 01437 929217 Mobile: 07784943493

## **WEDNESDAY**

### **Little Haven Art Group - Art Workshop**

Wednesdays 10am – 12 noon

Mrs Pat Thornton

01437 768983 / Mob. [07964283450](tel:07964283450)

### **Debi's Yoga and Fitness**

6pm – 7pm

Debra Mason – 07900 915051 [debimason666@aol.com](mailto:debimason666@aol.com)

## **THURSDAY**

**PICTON PAINTERS** are a small group of artists who meet on Thursdays during term time from 10am to 12 noon.

They welcome a mixture of beginners and experienced artists, and the group leader is well-known local artist, Sue Russell.

For more information, or to join the group please contact Judith Small by email on [judithsmall@btinternet.com](mailto:judithsmall@btinternet.com)

**DARBY AND JOAN CLUB** is 2 hour meeting of social enjoyment for a chat over tea or coffee and cake, followed by an entertaining session of Bingo. Everyone is welcome

WEEKLY FROM 1pm to 4pm

CONTACT MRS DOREEN AMBREY FOR MORE INFORMATION ON 01437 764746.

### **WEIGHTWATCHERS**

5.30pm UNTIL 6.30pm

Julie Pollard - [jpollard@weight-watchers.co.uk](mailto:jpollard@weight-watchers.co.uk)

### **TRACEY KEANE - ZUMBA FITNESS EXERCISE CLASS**

WEEKLY 7PM – 8.30PM

CONTACT TRACEY ON 07773 126750

## **FRIDAY**

### **GOOD COMPANIONS - Social club for Senior Citizens**

MEETING FROM 1.00pm TO 4.00pm

CONTACT MRS CORAL WEBB ON 01437 764705 FOR MORE INFORMATION

### **HAVERFORDWEST GIRLGUIDING SENIOR SECTION**

For members of Girlguiding aged 14- 25 to participate in a range of opportunities, gain valuable transferable skills, build leadership skills, expand their horizons and have fun!

FRIDAY 5.30pm to 7pm - TERM TIME ONLY

Contact Kathy Gunner 07977 542323

[kathryn.gunner@aol.co.uk](mailto:kathryn.gunner@aol.co.uk)