

PICTON CENTRE WEEKLY COMMUNITY GROUPS

**** Please contact relevant group to ensure weekly meeting is taking place ****

MONDAY

COME WEIGH WITH ME

10.10am to 11.00am

Contact Marie Morgan – 07971 873157

Email: mariejane1@btinternet.com

TRACEY KEANE - ZUMBA FITNESS EXERCISE CLASS

7.00pm to 8.30pm

Contact Tracey - 07773 126750

TUESDAY

WEIGHTWATCHERS

9.30am to 10.30am

Email: www.weightwatchers.com

THE CLEDDAU ARTISTS GROUP is a group of enthusiastic artists who meet every Tuesday evening from September to May at 6.30pm to 8.30pm. 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. You can turn up on a Tuesday and have a go.

Contact - Diana Waghorn - 01994 419741

WEDNESDAY

LITTLE HAVEN ART GROUP - Art Workshop

10.00am to 12 noon

Contact Mrs Pat Thornton - 01437 768983 or 07964283450

DEBI'S YOGA AND FITNESS

6.00pm to 7.00pm

Contact Debra Mason – 07900 915051

Email: 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. The group leader is well-known local artist Sue Russell.

Contact Judith Small - 01437 769724

Email: judithsmall@btinternet.com

WEIGHTWATCHERS

4.45pm to 6.15pm

Contact Julie John

Email: jjohn@weight-watchers.co.uk

TRACEY KEANE - ZUMBA FITNESS EXERCISE CLASS

7.15pm to 8.45pm

Contact Tracey - 07773 126750

FRIDAY

GOOD COMPANIONS is a weekly social club for Senior Citizens

1.00pm to 4.00pm

Contact Mrs Tunis Rees - 01437 890652