

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:

STRONG BY ZUMBA

6.30pm to 7.30pm

ZUMBA FITNESS EXERCISE CLASS

7.30pm 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 based at the Picton Centre, Freemans Way, Haverfordwest 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 Graham Morris - 01437 929217 or 07784943493

Email: grahamb.morris@talktalk.net

WEDNESDAY

LITTLE HAVEN ART GROUP - Art Workshop

10.00am to 12 noon

Contact Mrs Pat Thornton - 01437 768983 or 07964283450

WEDNESDAY cont.

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

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.

Tea, coffee, cake, bingo and friendly conversation

1.00pm to 4.00pm

Contact Mrs Tunis Rees - 01437 890652