

Spooner Row, Sutton & Wattlefield Village Hall
Association



Village Hall Newsletter

May 2010

VILLAGE HALL EVENTS 2010

VILLAGE FETE

HELD AT THE
VILLAGE HALL AND MEADOW

Sunday July 4th

Opens at 2 pm

AMERICAN THEME

Songs and dance by local school children

Come and join in the fun and games

Event organised by fete committee headed by
Mavis Thurston.

special thanks to Spooner Row Primary School

**REGULAR
VILLAGE
HALL
ACTIVITIES**

**Yoga Classes
tel: 604107**

**Dancing Classes
& Jive Club
tel: 455500**

**Carpet Bowls
tel:450229**

**Painting Classes
& Art Club
tel: 423111**

**Pilates
tel:07941119434**

Diane Zetterstrom

Teacher of Pilates in the village hall. Diane was trained in Europe and is a qualified teacher. She has a keen interest in helping people to gain more awareness and understanding of their bodies., in order to facilitate freedom of movement and true core strength. Diane keeps her knowledge up to date by attending training workshops and training days for professionals..

What Pilates can do for you

- Improve posture
- Strengthen core muscles
- Increase mobility
- Stress relief
- Help allay the onset of osteoporosis

Classes 9.00 Tuesdays

You may know, we are always seeking to improve our facilities. We are currently seeking grants to enable us to replace the main hall flooring, particularly in light of the popularity of the Dancing classes!

Spooner Row has its own webpage!

<http://www.spoonerrow.f2s.com/>

It contains local information, pictures and topical items

The Village hall was set up for community use. It is non partisan.
Meetings can be arranged at reasonable rates for village residents'
Enquiries/ bookings to Isobel Harradine on 600533