

Taunton POP-In



Active Living for over 50s

Alternate Wednesdays, 10.30am-1.30pm at Temple Methodist Church Upper High Street
 Alternate Thursdays, 12.30-3.30pm at Taunton United Reformed Church Paul Street (URC)
 Also once a month talk at the Library Meeting Room (LMR) on a Wednesday at 11am
 All enquiries and bookings to Diana Oldham Tel: 282762 or diana@doldham.wanadoo.co.uk
 or Sarah Wait on 286776

JULY AUGUST SEPTEMBER 2013

Thur 4 July	URC	Art Lesson with tutor Virginia Chester: 1.30-3pm; materials provided: £3. Soup, rolls, cheese and fruit from 12.30pm: £1.50
Mon 8 July	Temple	10.30-11.45 am: Tai chi £3. Just turn up
Wed 10 July	Temple	Coffee/tea from 10.30am. Flexercise with Pat Pike at 11am: no charge. Light Lunch: £2.50.
Mon 15 July	Temple	10.30-11.45 am: Tai chi £3. Just turn up
Thur 18 July	URC	Flexercise with Pat Pike at 1.30pm: no charge. Soup, rolls, cheese and fruit from 12.30pm: £1.50
Wed 24 July	Temple	Coffee/tea from 10.30am. At 11am: Poetry Corner: bring your favourite poems to share. Light Lunch: £2.50.
Wed 31 July	LMR	11 O'Clock Show at the Library £2.50 Nigel Smith will be speaking about his enthusiasm for Shakespeare and his work with the local 'Shakespeare Aloud' group.
Thur 1 Aug	URC	Ping pong (smaller table and bats) and board games. Soup, rolls, cheese and fruit from 12.30pm: £1.50
Wed 7 Aug	Temple	Coffee/tea from 10.30am. Table tennis and ping pong (smaller bats and table); board games. Light Lunch: £2.50
Thur 15 Aug	URC	Those who wish to go for a game of putting at the Vivary Park course. For others: board games. Soup, rolls, cheese and fruit from 12.30pm: £1.50
Wed 21 Aug	Temple	Coffee/tea from 10.30am. Card games as decided on the day. Light Lunch: £2.50

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Thur 29 Aug	URC	An afternoon with Jay at the keyboard: no charge. Soup, rolls, cheese and fruit from 12.30pm: £1.50
Mon 2 Sep	Temple	10.30-11.45 am: Tai chi £3 Just turn up
Wed 4 Sep	Temple	Coffee/tea from 10.30am. At 11am: Flexercise with Pat Pike: no charge. Light Lunch: £2.50
Mon 9 Sep	Temple	10.30-11.45 am: Tai chi £3 Just turn up
Thur 12 Sep	URC	Art Lesson with tutor Virginia Chester: 1.30-3pm; materials provided: £3. Soup, rolls, cheese and fruit from 12.30pm: £1.50
Mon 16 Sep	Temple	10.30-11.45 am: Tai chi £3 Just turn up
Wed 18 Sep		Coffee/tea from 10.30am. At 11am: Photos of Taunton Flower Show with Phil Hartley: no charge. Light Lunch: £2.50
Mon 16 Sep	Temple	10.30-11.45 am: Tai chi £3 Just turn up
Wed 25 Sep	LMR	11 O'Clock Show at the Library £2.50 David Usher will give a practical and informative session on the 'Management of trees and shrubs'
Thur 26 Sep	URC	Flexercise with Pat Pike at 1.30pm: no charge. Soup, rolls, cheese and fruit from 12.30pm: £1.50
Mon 16 Sep	Temple	10.30-11.45 am: Tai chi £3 Just turn up

Information on social services and health issues at both venues. Also informal book exchange.

German lessons continue. Contact: Astrid Hermes: 256536

info@hermeslanguageink.co.uk

Also at Temple: Tai Chi: Mondays 10.30am-11.45am during term time: £3 per session: Contact Malcolm Droy: 07817 395510 or just turn up.

Short Mat Bowls: Thursday 2-4pm. Contact David Grose for dates Tel: 271741