



Clifton Village activities in September

Mon. Sept. 7th - **Andrew Rule** councillor's surgery, village hall 7.30 – 9.30

Sat. Sept. 12th - **Litter pick**, meet Crusader car park. 10.15 am

Mon. Sept. 14th **Clifton Doves W.I.** village hall 7.30 – 9.30

Tues. Sept. 15th - **Village art group**, village hall, 2 pm

Fri. Sept. 25th - **Coffee Morning**, St. Mary's Church 10 – 12 Midday

Mon. Sept. 28th - **Village Garden group**, village hall, 7.30 pm

Tues. Sept. 29th - **Village art group**, village hall, 2 pm

The following activities take place on a weekly basis in the village hall

Mondays: **Dancin' Motions**, 4pm -6.30

Tuesdays: **Hippy Hoppers**, 10.00 am – 11.00

Move it or lose it 12.45 pm – 1.45pm

Karate 4.45pm start for 1st group to 8pm

Wednesdays **Pilates** Morning 9.30 -10.30 + pelvic floor exercises 10.30

Dancin' Motions, 4pm – 5.45pm

Adult Dancing 6.00 – 8.00 pm

Thursdays: **Rainbows** 4.30pm – 5.30pm, Age 4 &3/4 to 7 years

Brownies 5.45pm - 7.15 pm Age 7-10 yrs

Guides and Rangers 7.45 pm – 9.15 pm Ages 10-14 &14-18

Fridays: **Pilates** 9.30am -10.30pm

Boxing fitness for kids 4.30 -5.30pm for 6 to 15 year olds

Yoga and relaxation 5.30pm -7pm

Sundays: **WSJ Church** 9.30 – 12.30

Heavenly Feast church 4pm – 6 pm

Notts. Dawn Christadelphians 6.00 – 7.30 pm, 3rd Sunday only