

Clifton Village activities in November

Mon. Nov. 2nd - **Councillor Rule's surgery** village hall 7.30pm

Mon. Nov. 9th - **Clifton Doves W.I. - Willow Weaving,** village hall 7.30pm

Tues. Nov. 10th - **Village art group**, village hall, 2 pm

Sat. Nov 14th - **Litter pick** Holy Trinity Church car park. 10.15 am

Mon. Nov 16th - **Avoiding Scams talk,** village hall 7.30pm

Sat. Nov 21st - **Songs from the Heart** St. Mary's Church 7pm

Tues. Nov. 24th - **Village art group**, village hall, 2 pm

Fri. Nov 27th - **Coffee Morning**, St. Mary's Church 10 – 12 Midday

Mon. Nov. 30th - **Village garden group**, village hall, 7.30 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**

Dancin' Motions, 4pm – 5.45pm **Adult Dancing 6.00 – 8.00 pm**

Thursdays: **NEW 'Becky Moves' 1300- 1400 Chair based exercise**

Rainbows 4.30pm – 5.30pm, 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