

WHAT'S ON

OCT-APR

20-21



01726 858657

info@thehall.org.uk

www.thehall.org.uk

SPANISH for IMPROVERS

Lunes 11.30am – 2PM

Hablas Espanol muy bien?

Este es por tu y ese duo espacios tudo lunes

Starts November

SPANISH CULTURE, CONVERSATION & GRAMMAR

Mondays 9:30–11:30 Starts Feb 2021

To book either of these Spanish

LanguAge courses contact Cornwall

Adult Education on 0300 123 1117

MINDFULNESS Free – £10

Mondays 9:30 –11am

Start the week by being kind to

yourself. To book call 01726 858657

DANCE

Mondays 4pm–8.30pm

Ballet, tap and modern dance for all ages. Call 01726 843043

www.maureenpascoesod.co.uk

LINE DANCING Free – £6

Tuesdays 10–11.00am

This fun class combines dance of all types with good company, chat and lots of laughter. Suitable for beginners no partners needed.

Call 01726 858657 to book.

MUSIC THERAPY FREE

Tuesdays 11.30am–12.30pm

This weekly group uses music to help address loneliness and mental health difficulties. email ckelley@cornwallmusicservicetrust.org

KETTLEBELLS £6

Tuesdays 5.45pm –6.45pm

Get fitter, feel better! Run by Tracie's Fitness & Health. Call 07882 140125 to book

YOGA for BEGINNERS £6

Tuesdays 7pm–8pm

A small, friendly group for people of a certain age that want to keep mobile.

Call Anne on 07519 172806 to book.

KEEP FIT £6 or £5 online

Wednesdays 9.30am–10.30am

For people with lower fitness this offers a work out at a level that suits you. To

book call Tracie on 07882 140125

MOVE IT OR LOSE IT Free – £6

Wednesdays 10:45 – 11.30pm

A relaxing, gentle ,seated work out, ideal for people with mobility problems.

Call The Hall on 01726 858657 to book

TAI CHI for Beginners £3

Wednesdays 1.30 – 2.30pm

A relaxing, gentle work out that helps health, well being and both physical and mental balance.

Call The Hall on 01726 858657 to book

DANCE

Wednesdays 4pm–7.30pm

Ballet, tap and modern dance for all ages. Call 01726 843043

www.maureenpascoesod.co.uk

TAI CHI £6

Wednesdays 7.30pm–8.30pm

A relaxing, gentle work out that helps health, well being and both physical and mental balance.

Call The Hall on 01726 858657 to book

COMMUNITY LIBRARY

Mon – Fri 9am – 5pm

By appointment

Come along and choose your books from our micro library, stocked through the Cornwall Library Service.

WALKING GROUP **FREE**

Thursdays 10am – 11am

All welcome, no need to book just turn up dressed for the weather.

GREENSPACE GROUP **FREE**

Thursdays 9:30am – 12:00

If being outdoors, fixing, making, gardening and growing is your thing then this friendly group is for you.

BOXERCISE **£6 or £5 online**

Thursdays 6–7pm

A fun, energising work out that helps health & well being. No experience or equipment needed.

Call Tracie on 07882 140125 to book

DANCERCISE **£6 or £5 online**

Fridays 1–2pm

A dance based work out thats sure to out a spring in your step. No experience or equipment needed.

Call Karen on 07903 709763 to book

YOUTH CLUB

Fridays 6pm– 8.30pm

A safe, fun & friendly place for young people to socialise for ages 10–16. Call 01726 858657 or info@thehall.org.uk for more info

TREVERBYN FILM CLUB

Little Women Friday 13th Nov

Misbehaviour Saturday 14th Nov

TBC Friday 4th Dec

Doors open 7pm, film starts at 7.30pm.

Tickets £4.50

Follow Treverbyn Film Club on facebook or call Trevor Philips on 07907 399066

SALSA FUSION **£6 or £5 online**

Saturdays 9:30 – 10:30

A fun, energising work out with fab music too, perfect to get you going for a great weekend.

Call Karen on 07903 709763 to book

CHAIR DANCE **FREE – £6**

Saturdays 10:45 – 11:30

This chair based dance & movement session is a perfect way for people with limited mobility to improve their health and have fun too.

Call Karen on 07903 709763 to book

COMMUNITY GARDENING **FREE**

First Sunday monthly 10am–12 noon

Join this merry band of people and help out in the small but perfectly formed community garden. No experience necessary.

COVID UPDATES

To comply with changing government guidelines, we may need to cancel activities at short notice.

With limited availability all activities now require you to book in advance, although this can often be done at last minute.

**Call 01726 858657 or
Email info@thehall.org.uk**

COMMUNITY LARDER

Community larder's take surplus food from supermarkets and redistribute within a local community, helping to tackle food waste and food insecurity too.

You can find these at:

Stenalees

Treverbyn Community Hall
PL26 8TL
Mon-Fri 10am - 4pm

St Austell

Daisy Dukes, 4-4a
Victoria Place, PL25 5PE
Mon-Fri 10:30am - 3pm
Pondu Family Hub,
Penwinnick Road, PL25 5DT
Mon & Fri 3pm-4pm
Sembal House Community Centre
West Hill, PL25 5ET
Wed 1:30pm - 2:30pm

Mevagissey

Mevagissey Jubilee Hall, PL26 6SS,
Wed 10am-12noon

Minorca Lane

Orchard View site, PL26 8QN
Thurs 3:30pm-4:30pm

Roche

Rock Inn carpark, PL26 8EP
Thurs 9:30am - 10:30am

St Dennis

Clay TAWC Carpark, PL26 8AF
Thurs 9:30am - 10:30am

VOLUNTEERING OPPORTUNITIES

Even though things aren't quite back to normal at The Hall we still need volunteers to help out with much of the COVID support work that we are doing. Collecting & delivering food, running the community larders, help with maintenance and greenspace is still very much needed.

No previous experience is needed as full training and support are given. To find out more call and speak to Amanda on 01726 858657.

THE HALL

Treverbyn Road, Stenalees, St Austell. PL26 8TL

Tel: 01726 858657

email: info@thehall.org.uk

**Follow us on facebook search for
Treverbyn Community Hall**

Visit our website www.thehall.org.uk