

MAUREEN PASCOE SCHOOL OF DANCE

Term Time only

Monday & Wednesday 16:00

Ballet, tap and dance classes for children.
Contact Maureen on 01726 843043
www.maureenpascoesod.co.uk

COLOURING FOR CALM (From 28th) FREE!

Wednesday 18:30-20:30

Running for six weeks, this woman only art course explores a variety of colouring techniques designed to help reduce stress and anxiety. All materials provided. Age 12+
Contact Helen on 07951 289812

TAI CHI £6

Wednesday 13:30 – 14:30

Friday 09:30 – 10:30

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

Contact The Hall on 01726 858657

WALKING GROUP – FREE!

Thursday 10:00 – 12:00

Run by trained walk leaders this is a supportive group venturing out on different walks each week.

Contact The Hall on 01726 858657

ST AUSTELL CANINE SOCIETY

Thursdays 19:00 – 20:00

St Austell & District Canine Society meet for dog training & ringcraft practice.

For more information contact Barbara on 01726 68726 or visit their facebook page.

CUPPA AND CAKE – FREE!

Alternate Thursdays from 1st July

19:00 – 21:00

For ladies to share, chat and laugh. A fun way to socialise, meet new people, make new friends and eat cake! To book contact yourvoicecornwall@outlook.com

POP-UP CAFE

Outside the Hall & Term Time only

Thursday 14:00 – 15:30

Brought to you by the students of Reachout Creative Futures. Selling freshly baked treats, tea, coffee and squash.

TREVERBYN BAKE OFF 25th July

Enter our exciting competition for your chance to win exclusive prizes!

www.reachoutcf.com

WEIGHT WATCHERS EXPRESS WORKSHOP

Wednesday 11:00

Check-in, weigh, shop and go! No need to book just sign up online at ww.com/uk

DANCERCISE £6

Friday 13:00 – 14:00

A fun dance based session combines great music with movement, guaranteed to put a smile on your face and make you feel great. To book call Karen on 07903 709763

YOGA FOR BEGINNERS £7

Friday 17:30 – 18:30

Yoga is great exercise, focusing on strength, flexibility and breathing to boost both physical and mental wellbeing. To book call Anne on 07519 172806

SALSA FUSION £6

Saturday 09:30 – 10:30

A salsa inspired Saturday morning to get your body moving.

To book call Karen on 07903 709763

CITIZEN'S ADVICE BUREAU – FREE!

To book your free online session at the Hall Text ADVICE DIGITAL to 78866.

GREENSPACE PROJECT – FREE!

Thursday 09:30 – 12:00

Making paths, pruning trees, weeding, planting trees, litter picking and much more! Contact the Hall on 01726 858657

What's on Treverbyn Community Hall



July 2021

KETTLEBELLS

£5

Tuesday 18:00–19:00

Get fitter, feel better at this fun, active session, run by Tracie's Fitness & Health. Contact Tracie on 07882 140125

KEEP FIT

£5

Wednesday 09:15 – 10:15

Get fitter, feel better at this fun session. Perfect for all fitness levels. Contact Tracie on 07882 140125

MINDFULNESS

Monday 10:00 – 11:30

Start the week by taking some time out and being kind to yourself. Learn mindfulness techniques that will help improve your mental and physical wellbeing. Contact Helen on 07951 289812 or email fromacornstooaks@outlook.com

FILM CLUB – DREAM HORSE (PG) – NEW!

Saturday 10th July 19:30

A barmaid, her husband and a group of others train a racehorse in the Welsh countryside.

For more details contact Trevor on driverfootplate.tp@gmail.com or visit the Facebook page Treverbyn Film Club 2019

MICRO LIBRARY – FREE!

Mon–Fri 09:00 – 17:00

Borrow a variety of books to read. You can order online and get books dropped here ready for you to pick up.

TREVERBYN COMMUNITY HALL

Treverbyn Rd, Stenalees, PL26 8TL

Tel: 01726 858657
info@thehall.org.uk
www.thehall.org.uk

Follow us on Facebook,
Instagram and Twitter!



YOUTH CLUB – FREE!

Fridays 18:00 – 20:30

For year groups 5–8. Everyone welcome. Loads planned for the summer including dance, handball, yoga, storytelling, film, cooking, crafts and lots more. Contact the Hall on 01726 858657

THE NURTURED MOTHERS CLUB – NEW!

Tuesday 19:30 – 20:30

Pregnancy stretch & relax classes including gentle yoga, deep relaxation, time to chat and connect.

Email charlotte@thenurturedmothersclub.co.uk

COMMUNITY LARDER

Free surplus food for everyone. Just bring a bag and make a donation if you can.

Treverbyn Community Hall, PL26 8TL

Saturday 09:30 – 10:30

Sunday 16:30 – 17:00

**Penwithick Social Club Car Park, PL26 8HU
(Mobile Van)**

Wednesday 10:30 – 11:00

www.communitylarder.org.uk

COMMUNITY OWNED SOCIAL HOUSING

Saturday 24th July 11:00–16:00

We're in a housing crisis; unaffordable prices to buy or to rent and that's if you can find somewhere. Come along and join in the conversation about how things could be done differently. Fun activities for kids and adults, with tea and cake to keep us fuelled. No need to book just pop in anytime. Contact the Hall on 01726 858657

COMING SOON ...

FREE SUMMER HOLIDAY CLUB for 9–13 year olds; register your interest info@thehall.org.uk

FILM CLUB: BOHEMIAN RHAPSODY 14th AUGUST

Register now to get our newsletter sent directly to you, email jo@thehall.org.uk