

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 – FREE!

Saturday 14:00–16:00

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 3rd June
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.
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

(Not running on the 4th June)

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

(Not running on the 5th June)

A salsa inspired Saturday morning, guaranteed to wake you up and get your body moving.
To book call Karen on 07903 709763

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



June 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 – FREE!

Monday 14:30 – 16:00

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 – THE FATHER (PG13)

Saturday 12th June 19:30

Grab your popcorn and relax watching a film at your local film club. The Father stars Anthony Hopkins and Olivia Coleman. 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 from 11th June 18:00 – 20:30

For year groups 6–8. Come along, meet the team, find out what's coming up in the next few months, get your name down for the activities that you want to do. Come on your own or bring your friends. Everyone welcome. Loads planned for the summer including dance, handball, yoga, storytelling, film, cooking, crafts and more and of course, LOTS OF LAUGHTER! Contact the Hall on 01726 858657

BOOK YOUR FREE SESSION WITH THE CITIZEN'S ADVICE BUREAU

**Talk to us in
Clay Country**

Text **ADVICE DIGITAL** to
78866 for an online
session at Treverbyn
Community Hall



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

COMING SOON ...

BIKEABILITY

COLOURING FOR CALM (Wed Evenings)

COMMUNITY LED HOUSE PLANNING 24th JULY

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