

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.

COLOURING FOR CALM – NEW!

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

Thursday (12th & 26th) 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 12th Aug
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.

TIME 2 MOVE HOLIDAY PROGRAMME

Various Dates – NEW!

A summer of activities awaits children aged 9–13 years. FREE for children in receipt of free school meals. Activities range from forest sessions including camp fires, bushcraft and exploring, to drama and dance sessions where children can get involved in planning, creating, prop and costume making, and performing. With a hearty lunch and plenty of fresh fruit and drinks provided. Sessions are booked through Playwaze only. Activities start from the 25th July through until 27th August.

Contact the Hall on 01726 858657.

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

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



Aug 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.

MINDFULNESS *Closed on Bank Hol*

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 – BOHEMIAN RHAPSODY 12A

Saturday 14th August 19:30 – NEW!

Freddie Mercury and his rock band, Queen embark on a journey of success, whilst dealing with issues of sexuality and illness. For more details contact Trevor on driverfootplate.tp@gmail.com or visit the Facebook page Treverbyn Film Club 2019.

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

YOUTH CLUB

FREE

Friday 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.

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.

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

MICRO LIBRARY *Closed on Bank Hol*

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.

NEED A PLACE TO PARTY?

Just £50 for 4 hours or £15 per hour

Whether it's a birthday party, special anniversary, wedding, christening or wake this versatile space offers the perfect place for local families to come together and celebrate. We have a free car park, community garden and public park next door.

Contact the Hall on 01726 868657.

COMING SOON...

TABLE TOP SALE 4th SEPTEMBER

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

TREVERBYN COMMUNITY HALL

Treverbyn Rd, Stenalees, PL26 8TL

Tel: 01726 858657

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www.thehall.org.uk

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Instagram and Twitter!

