

What's On
Dec 21–Jan 22
Treverbyn Community Hall

COMMUNITY
Larder
tackling food
waste together

TREVERBYN
COMMUNITY HALL

Wednesday & Friday 14.00–16.00

Saturday 9:30–10:30

Sunday 16.30–17:00

Everyone is welcome!

Bring a bag, help us tackle food waste and save money

If you can't make ours, please visit

www.communitylarder.org.uk

for other times and locations.

We also accept donations of:

egg boxes

carrier bags

surplus food

monetary donations

TREVERBYN
COMMUNITY
TRUST

The logo for 'The Hall Treverbyn' features a stylized house roof above the words 'the hall' in a teal, cursive font. Below this, the word 'TREVERBYN' is written in a bold, teal, sans-serif font.

TREVERBYN

MONDAY

MICRO LIBRARY

Mon–Fri 9:00 – 17:00

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

LITTLE EXPLORERS **£2**

Monday (term time) 10:30 –12:00
second and fourth of every month

This fun and friendly, plastic free, parent toddler group is open to little ones under 5 and their grown ups. Snack included, no need to book just come along.

PILATES **£3**

Monday 14:00–15:00

Pilates is a low impact exercise that can strengthen muscles and improve flexibility. Guaranteed to be lots of fun! Sessions will be held in the park, or indoors if the weather is bad.

To book call Tracie on 07882 140125.

MAUREEN PASCOE SCHOOL OF DANCE

Monday (term time) 16:00–20:00

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

TUESDAY

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.

THE NURTURED MOTHERS CLUB

Tuesday starts 11th Jan 19:30 –20:30

Pregnancy stretch and relax classes including gentle yoga, deep relaxation, time to chat and connect. To book go to www.thenurturedmothersclub.co.uk.

WEDNESDAY

KEEP FIT **£5**

Wednesday 9:15 – 10:15

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

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

TAI CHI **£6**

Wednesday 13:30 – 14:30

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

Contact the Hall on 01726 858657.

MAUREEN PASCOE SCHOOL OF DANCE

Wednesday (term time) 16:00–20:00

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

JUST JOBS

1st Wednesday of the month

If you like fixing & doing DIY then you'll love this monthly group. Every month lovely people come together to help with the monthly maintenance of the Hall. If you are interested please email Helen at volunteering@thehall.org.uk.



THURSDAY

CITIZENS ADVICE

FREE

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

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. This group is currently full but let us know if you are interested as we may start a second group or you may be interested in our upcoming “walk, jog, run” group. For more info contact the Hall on 01726 858657.

CUPPA, CAKE AND CRAFT

FREE

Alternate Thurs from 2nd Deember
18:30 – 20:30

For ladies to share, chat and laugh. A fun way to socialise, meet new people, have a go at craft, make new friends, and eat cake!

To book contact Helen on 07951 289812

ST AUSTELL CANINE SOCIETY

Thursday (term time) 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.

TREVERBYN'S FRIENDSHIP CAFÉ NEW!

Friday 10:45–12:45

Serving refreshments and cakes. Open to everyone. It's the perfect chance to catch up with friends or make new ones!

FRIDAY

GET THIS BY EMAIL

Never miss an event again and get this monthly guide sent straight to your inbox. It'll also help us reduce our carbon footprint too. Visit www.thehall.org.uk/laest-news or email jo@thehall.org.uk

TAI CHI

£6

Friday

9:30 – 10:30

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

Contact the Hall on 01726 858657.

DANCERCISE

£6

Friday

13:00 – 14:00

A fun aerobic workout that 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.

ART JOURNALING

FREE

Friday

18:00–21:00

These fun, friendly art sessions for 10–16 year olds. Create your own unique journal, improve your art skills, make new friends and bind a book for life. Led by lovely people who will guide you through various mixed media techniques.

Call Helen on 07951 289812.

FRIDAY GROUP

FREE

Friday

10:45–12:45

Feeling crafty, creative, or wanting a cuppa and chat, come along to this social group. Bring a craft and share ideas. No booking needed, café open to all.

SATURDAY

SALSA FUSION

£6

Saturday

9:30 – 10:30

A salsa inspired Saturday morning to get your body moving. To book call Karen on 07903 709763.

CLAYS CINEMA

£8/£4 **NEW!**

Saturday 8th Jan

18:00

'No Time to Die' Bond Themed Charity Night

Doors open 6pm, film starts 7pm

Included in the ticket price are complimentary drinks & nibbles on arrival, James Bond themed quiz, and roulette wheel. Bond themed dress code is encouraged but optional. Refreshments and raffle tickets are available to purchase. To book email info@thehall.org.uk or call 01726 858657.

CHRISTMAS DAY LUNCH

NEW!

Saturday 25th Dec

12:30

If you find yourself alone on Christmas Day, join others to have a meal cooked for you and to enjoy some company at Treverbyn Hall. Please book with David Michael on 07886 734492, advising of any dietary requirements.

NEW FOR 2022...

WALK, JOG, RUN

COMMUNITY BIKE RIDES

PARK PLAY

IT CLASSES

RECYCLING++ PROJECT

WILDLIFE TALKS & WORKSHOPS

REGISTER YOUR INTEREST TODAY

SUNDAY

DONATION MONTH

NEW!

The month of January

Over indulged at Christmas? Mince pies coming out of your ears? Why not drop off anything you might hide in the back of your cupboard to our donation station at the Hall at the beginning of the New Year so we can help tackle food waste further and recycle your surplus food.

THEMED MEAL NIGHT

NEW!

Sunday 23rd Jan

19:00

We will be hosting a series of themed meal nights from around the world. This session is Cornwall, England and is open to everyone. Join us for an evening of traditional food, drink, music, film and costume. Pay by donation, booking essential due to restrictions on numbers. Please book on 01726 858657.

Festive Opening Hours

Treverbyn Community Hall will be closed from Monday 22nd December to Tuesday 4th January, giving our team a much needed break. All activities will stop during this period, with the exception of the **Christmas Day Lunch**.

We'd like to take this opportunity to thank you for your support over the past year and to wish you a Merry Christmas and a very happy and healthy 2022. We look forward to seeing you at our regular activities as well as the new exciting ones currently bring planned.

01726 858657

info@thehall.org.uk

www.thehall.org.uk

