



# TARPORLEY & DISTRICT COMMUNITY CENTRE

HIGH ST, TARPORLEY CW6 0AY REGISTERED CHARITY 1040034

HOME NEWS WHAT'S ON CLUBS&SOCS FILM NIGHT ROOMS LINKS CALENDAR U3A USER GUIDE

### Some regular users of the Community Centre :

Weekly	Monthly
<ul style="list-style-type: none"> <li>• A* Sports - Wed 1:30 pm</li> <li>• Age UK Cheshire - Falls Prevention Class - Mon 12:30</li> <li>• Army Cadets - Tues &amp; Thurs 6:30 pm</li> <li>• Baby Sensory - Thurs morning</li> <li>• Fit 4 Life - Fri 09:15 am</li> <li>• Jo Jingles - Tues 9:30 am</li> <li>• NCT Baby &amp; Toddler group - Fri 10:00 - 11:30 am</li> <li>• Pilates with stretch - Mon 10 am</li> <li>• Pointe Works, Royal Academy of Dance - Adults Fri 11:00</li> <li>• Rhythm Time - Mon 9:45 am</li> <li>• Scottish Dancing - Wed 7 pm</li> <li>• Watercolour Painting - Wed 9 am</li> <li>• Zumba - 7:15 pm Thurs</li> </ul>	<ul style="list-style-type: none"> <li>• Car boot / Table top sale - 1st Sun except Jan, Jul &amp; Aug</li> <li>• Country Market - 1st Sat except Jan</li> <li>• Film Club - usually 3rd Fri but can vary</li> <li>• Flower Club - 1:30pm 1st Tues each month but 2nd Tues in Jan, except Aug (no meeting) and Oct AGM at 11:30am</li> <li>• TADDAS - 2nd Thurs</li> <li>• Tarporley &amp; District U3A - General meeting - 4th Thurs 10 am</li> </ul>

### More details below :

#### A-Star Sports - Wednesdays

A fun-filled multi-sports experience for children aged 2-10 beginning with the fundamentals and developing into ten core sports - basketball, cricket, dodgeball, football, handball, hockey, rounders, rugby, tennis and volleyball.

Weekly class times vary depending on age group - see [website](#) or contact Gary Yates on 07581 617725 : email [chester@a-starsports.co.uk](mailto:chester@a-starsports.co.uk)



#### Age UK Cheshire - Mondays 12:30

A Falls Prevention Class (based on the Otago programme). Designed to reduce falls and improve strength and balance.

More information call 0151-348-5493/4 or visit our website [www.ageukcheshire.org.uk](http://www.ageukcheshire.org.uk)



#### Amateur Dramatics - [TADS website](#)

Tarporley Amateur Dramatics Society stages 2 plays per year in March and November and is always keen to receive new members

See : [Next play](#)



### Army Cadets

Tuesday: 1930 - 2130  
Thursday: 1930 - 2130  
Please visit [website](#)

### Baby & Toddler Group . . . NCT . . . every Friday @ 10:00am - 11:30am

Suggested £2 per family  
inc. tea, coffee & biscuits for you - a soft drink & healthy snack for the little ones

### Blood Donors

Six Tuesdays throughout the year  
Next visit : Tuesday 14Feb17  
Future visits : Tuesdays 2017 - 21Feb, 20Jun, 26Sep, 10Oct, 14Nov

### Car Boot / Table Top Sale

1st Sunday except January, July and August

Telephone : 01829 732142 for details

### Cheshire Health . . . Fit 4 Life Exercise . . . every Friday @ 9:15am - 10:15am

An exercise class specific to a more 'mature' lady & gentleman wishing to increase **Mobility, Flexibility, Strength and Posture**, within a fun environment. A sense of humour is helpful! -- it is a class like no other ha!

Optional Coffee to follow - learn more about our Cheshire Health Walkers, Trips & Social gatherings. You can be assured of a genuine welcome & great companionship  
Hope to see you soon  
Consultant : Jen Francis 07779272353

**Dance** - Pointe Works Dance Classes : please visit [website](#)

Fridays 11am to 12pm - Adult Ballet - Beginners warmly welcomed

Royal Academy of Dance Ballet and ISTD Modern Jazz classes are available during term time. Ballet classes are suitable for children aged 2 and above. Pointe Works is committed to providing dance classes where students can have fun & feel valued. There are opportunities to take RAD & ISTD examinations and appear in Pointe Works Showcase events



Fit 4 Life with Cheshire Health  
An exercise session for  
mature ladies & gentlemen





### David Martin Jeweller & Valuer

2nd & 4th Tuesdays - 10am to 2pm in the Committee room  
Visit David on [Best of Crewe & Nantwich website](#)

**Film Show** -- usually 3rd Friday of the month at 7:30pm but can vary .....

- see our [Film Night page](#) for monthly details

### Flower Club

1 30 pm on 1st Tuesday of each month but 2nd Tuesday in January.

No meeting in August and AGM in October at 11.30 am.

Regular meetings include entertaining flower arranging demonstrations by both Cheshire Area and National demonstrators, followed by tea and biscuits and a chat. All welcome to come and spend an enjoyable and relaxing afternoon and make new friends. Organised trips out and occasional hands on workshops also arranged. Annual membership £30, Visitors £3 ( Christmas £5 )  
Just turn up or contact Dianne Arden 01829 733639 or Lynda Ashley 01928 723565 for more information

### Jo Jingles

Tuesday morning in the Craven room

09:45 under 2s -- 10:45 over 2s

Plus **introductory offer** : first 3 classes for £10 and babies under 6 months free

visit our [website](#)

### Line Dancing

with Daniel Whittaker

visit Daniel's [website](#)

### Painting with Peter Willis

Wednesday morning

visit [Peter's website](#)

### Pilates with Stretch

.... **every Monday** -- 10:00am - 11:00am

An exercise class

### Private parties

Please email us with your details and dates at [tarporley@community-space.org](mailto:tarporley@community-space.org)



### Rhythm Time

Mondays in the Craven room - - 10:00 for toddlers (14months to 3 years)  
..... and 10:35 for babies (0 to 18 months)

Please visit our [website](#)

Join in the chat! [facebook](#) -- Follow us on [twitter](#) - or - [Google Plus](#)

Check out our boards: [pinterest](#)



Early Learning Through Music

### Scottish Country Dancing

For fun, friendship and fitness Wednesdays, 7.00pm to 10.00pm - new members/beginners welcome!

Please visit our [website](#)

or find us on [Facebook](#)



### TADDFAS

2nd Thursday

visit our [website](#)



### Tarporley and District U3A

University of the 3rd Age. A group for retired and semi-retired people holding monthly meetings

4th Thursday of the month at 10:00 in the Community Centre with a wide variety of speakers.

Many interest group meetings throughout the month.

More information and contact via the U3A Website: <http://www.u3asites.org.uk/tarporley>

or come along to one of our monthly meetings.



THE UNIVERSITY OF THE THIRD AGE

### Tarporley Country Market

The on-street farmers market is moving indoors at the Community Centre.

First Saturdays :



### Zumba

Thursdays 8-9pm - - £4 / class

Please phone Nicola on 07765711337 - or - email [nicgood@yahoo.com](mailto:nicgood@yahoo.com)

