

## **Badminton Club**

**Tuesdays 10.30am to 12.30pm**

Need some laughter therapy? No fitness required... just a badminton racket and a sense of humour.

Cost £3. Tea and biscuits provided. Begins first Tuesday in October. Telephone Sandra on 810263. Begins Tuesday 2nd October

## **Hobbies Club**

**Wednesday Evenings 7pm to 9pm**

Not stitch and bitch but Knit and Knatter with some of the best craftswomen in Cowal. Beginners always welcome. You don't even have to have a hobby. Just come for a blether.

Cost £3. Tea and biscuits provided. All year round Club. Telephone Margo on 810320

## **Indoor Bowling Club**

**Thursdays 2.30pm to 4pm**

The indoor version of the outdoor game, played by all ages and abilities all over the world. Meet new people and make friends - gentle exercise to keep fit and healthy.

Annual subscription. Begins 1st Thursday in October to last Thursday in March. Telephone Gordon on 810218

## **Tai Chi**

**Thursday evening 6.30pm to 7.30pm**

Regular practice of Tai Chi lowers blood pressure, provides pain relief and is good for the wellbeing of mind, body and spirit. Class taken by Brian Shewry who has taught martial arts and meditation for forty eight years.

Donations £3 to £5 depending on numbers. Telephone Brian on 810104. Begins 4th October.

## **Monthly Clubs:**

### **Book Club**

**Wednesday afternoons**

If you are interested in helping to start a Book Club or Writing Group, please telephone Madeleine on 810242

### **Shore Activities Group**

The first meeting of the Shores Group will be held at Ardentinnny Hall on 11th September at 2pm

This will be 'A Nibble and a Chat'. This very informal group will be run by members every second Tuesday of the Month.

Look out for future events such as handbell ringing and belly dancing!

## **Coming Up**

Should you wish to form a new club or there is an activity you would like to have organised in the hall, please contact Merle by telephoning 810220.

***News of fundraising events for the hall coming up soon.***



*'An there's one that aye keeps yearnin  
For a hoose whaur the leaves are turnin  
An the flame o' the gean-tree burnin.'*

Violet Jacob (1863 -1946)



## **ARDENTINNY VILLAGE HALL**

**Autumn/Winter 2018    Activities for All**  
**October 2018 until April 2019**  
**All Welcome**

### **Ceramics Workshop**

**Mondays 10.30am to 12.30pm**

Go Potty with well kent Ceramics Artist, Bill Williamson!

This is an 8 week introduction to clay sculpture.

Cost £50, payable in advance. Materials extra.

All proceeds from this workshop will be donated to the Village Hall.

Telephone Bill on 810238. Begins Monday 1st October.

### **Bridge Club**

**Mondays 4pm to 6pm**

Playing bridge not only improves the memory but stimulates the immune system!

Learn to play bridge the easy way with Peter McIntosh and friends.

Cost £3 to £3.50. Tea and biscuits provided.

Telephone Peter on 810312. Begins Monday 1st October