

Who's Who at Bridges

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|--------------------------|-----------------------------|-------------|
| Room hire & events | Laura Morgan | 715638 |
| Fundraising | Dorothy Laidler | 710892 |
| Weddings | Dorothy Laidler | 710892 |
| The Bistro - Catering | Ann Sweetensen | 710893 |
| Accounts | Laura Hayward | 710892 |
| Centre Director | Mark Walton | 710891 |
| Building Bridges Project | Becky Williams | 710895 |
| Monmouth Social Circles | Ann Brankley / Anne Jenkins | 710890 |
| Alzheimer's Society | Jen Evans | 719127 |
| Home-Start | Pam Lloyd | 715608 |
| Coates Physiotherapy | | 01291627226 |
| Firecrest IT Ltd | Rob Wilde | 899009 |
| Harthill Consulting Ltd | Lyn Draper | 714419 |
| Nail Cutting Service | Graham Jeremiah | 07917701263 |
| Natural Health Centre | | 772622 |
| Overmonnow Music | Josh Abbott | 477600 |

Who's Who at the Shop

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| Bridges Community Shop | Allison Saunders | 715277 |
| Befriending Project | Heather Vincent | 888481 / 888482 |
| Community Car Scheme | Gill Jones | 07557008743 |
| Volunteering for Wellbeing Project | Miranda Thomason | 887568 |

Who's Who in the Stables

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| Unit 2 | Monmouth Chiropody & Podiatry | Lee Hook 713111 |
| Unit 3 | Belles Beauty Treatments | Ellie Joseph 07779985704 |
| Unit 5 | Al's Body Mods Al's Vape Mods | Alan Parsons 07778045846 |
| Unit 6,7 & 9 | Mobility Monmouth | David Hill 715766 |
| Unit 8 | The Weekend Media | Sam Weston 07968709373 |

For more information on any of our classes or groups please use contact details listed below

| ACTIVITY | TIME | MEETING | CONTACT DETAILS |
|--|----------------------------|---|---|
| Monday | | | |
| U3A Committee Meeting | 09:30—11:30 | Monthly | Jeane Weston—01600 780271 |
| Craft Creators | 09:30—15:00 | Monthly | Helen Williams— heleniwilliams@googlemail.com |
| Table Tennis | 10:00—12:00 | Weekly | Peter Beresford—01594 836541 |
| Start the Week With a Story | 10:30—12:00 | Weekly | Mary Walton—01594 530721 |
| Craft Club | 10:30—12:30 | Weekly | Brenda Hill— brenda.hill17@btinternet.com 01600 714911 |
| Fit Steps | 12:15—13.15 | Weekly | Sophie Stevens— pinksoph5@hotmail.co.uk 07807764154 |
| Nordic Walking | 13:30—15:00 | Weekly | Ann Rosser— annfellowes@googlemail.com |
| History the Interesting Bits | 13:30—15:30 | Weekly | David Harrison— davidjharrisonma@yahoo.co.uk 01600 772849 |
| Singing for the Brain | 14:00—15:30 | Weekly | Karina Sobczyk— karina.sobczyk@alzheimers.org.uk 01600 719127 |
| U3A Country Dancing | 14:00—16:00 | 1 st , 3 rd , 5 th Monday | Ken Winter—01600716414 |
| Bridges Afternoon Tea Club | 14:30—16:00 | 2 nd Monday | Jane Duke— jane@bft.ee 01600715638 |
| Helen O'Grady Drama | 16:00—18:00 | Weekly | Becky Goodfield— swales@helenogrady.co.uk 08456 037220 |
| Fitness Bootcamp | 19:00—20:00 | Weekly | Vikki Scovell— getfitter@yahoo.co.uk 07792 896230 |
| Wye Knots | 19:30—21:30 | Weekly | Gill Lewis— gilllewisquilts@gmail.com 01600 714588 |
| Table Tennis | 19:00—21:00 | Weekly | Jeff Cross— justajif@gmail.com 07722 357580 |
| Rock Choir UK | 20:00—21:30 | Weekly | Jackie Heron—01252 714276 |
| Tuesday | | | |
| Pilates | 07:45—08:45 | Weekly | Kath Hodgson— pharmafit@hotmail.co.uk 07427 645575 |
| Fitness League | 09:45—10:45 | Weekly | Claire Tugwell— tugwelltrees@talktalk.net 01981 510104 |
| U3A Recorder Group | 9:00—12:00 | 1 st , 3 rd , 5 th Tuesday | Caroline Robertson—01873 821325 |
| Monmouthshire Self Help and Friendship Group | 10:00—12:00 19:00—21:00 | Alternate Tuesdays | Jennie Morgan— mshfgrp@gmail.com 07877758199 |
| Monmouth Social Circles (for Seniors) | 10:00—14:30 | Weekly | Ann Brankley— ann.brankley@bridgescentre.org.uk 01600 710890 |
| National Childbirth Trust (NCT) | 10:30—12:00 | Weekly | Branch.MonmouthAndDistrict@nct.org.uk 0300 330 0700 |
| Fitness League | 11:00—12:00 | Weekly | Claire Tugwell— tugwelltrees@talktalk.net 01981 510104 |
| U3A Play Reading | 14:00—16:00 | 4 th Tuesday | Margaret Pearce—01600 716057 |
| Monmouth Bereavement Support Group | 14:00—16:00 | 1 st Tuesday | Rosemarie Morrison—01291 650678 |
| University of the Third Age | 14:30—16:00 | 3 rd Tuesday | Membership Secretary—01600 740137 |
| Monmouth Choral Society | 18:45—21:45 | Weekly | Mike Bradley—01594 530306 |
| Wednesday | | | |
| Specsavers Audiologist | 09:00—17:00 | Weekly | By appointment only . Monmouth Specsavers practice—01600 772828 |
| Fitness Bootcamp | 09:15—10:15 | Weekly | Vikki Scovell— getfitter@yahoo.co.uk 07792 896230 |
| Weight Watchers | 10:00—11:30 | Weekly | Tricia Keevil-Jones—07752 372706 |
| French | 10:00—12:00 | Weekly | Janet Rowlinson— janetsarah2@aol.com 01989 563957 |
| U3A Yoga | 11:00—12:30 | Weekly | Laurie Jarrett—01989 770653 |
| Bridges Lunch Club | 11:30—14:00 | 1 st Wednesday | Reception— reception@bridgescentre.org.uk 01600 715638 |
| Floral Society | 13:45—17:00 | 2 nd Wednesday | Jean Morgan—01291 691812 |
| Dance for Parkinson's | 14:00—15.30 | 1 st Wednesday | Sarah Fletcher— sfletcherdance@outlook.com 0772 547 8652 |
| Free NHS hearing aid drop in service | 13:00—15:00 | Last Wednesday | Action on Hearing Loss Cymru—02920 333034 |
| Action 50+ | 14:00—16:00 | Monthly | David Hill— d.hill911@btinternet.com 01600 714911 |
| Monmouth Parkinson's Café | 14:00—16:00 | 3 rd Wednesday | Karen Miles—08442 253789 |

| ACTIVITY | TIME | MEETING | CONTACT DETAILS |
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| Wednesday (continued) | | | |
| Songs of Praise | 14:30—16:00 | Last Wednesday | Revd Jonathan Greaves— friends@monmouthbaptistchurch.co.uk 01600 716423 |
| Line Dancing | 18:30—20:00 | Weekly | June Brown— sunflower2352@gmail.com 01600 716538 |
| Power Pilates | 19:00—20:00 | Weekly | Sarah Withers— sarahw@mypilates.club 07801491915 |
| Breast Cancer Support Group | 19:30—21:00 | 1 st Wednesday | Lesley Jenkins—01600 713604 |
| Thursday | | | |
| Music Bugs (3 mths—5 yrs) | 10:00—10:45 | Weekly | Helen Farr— helen@musicbugs.co.uk 08445 781040 |
| Monmouth Social Circles (for Seniors) | 10:00—14:30 | Weekly | Anne Jenkins— anne.jenkins@bridgescentre.org.uk 01600710890 |
| U3A Yoga | 10:15—11:45 | Weekly | Anne Dixon-Child— 01600 775561 |
| Tea Dance—Intergenerational | 13:45—15:15 | Weekly | Reception— reception@bridgescentre.org.uk 01600 715638 |
| U3A Bridge Club | 13:45—16:15 | 2 nd , 4 th Thursday | Sheila Dewhurst—01989 567580 |
| Sight Support—Visually Impaired Group | 14:00—16:00 | 1 st Thursday | David Hoyle—01600 716128 |
| Sequence, Ballroom & Latin Dancing | 15:30—16:30 | Weekly | Ann Brankley— ann-dance@hotmail.com 07719 946940 |
| Friday | | | |
| Specsavers Audiologist | 09:00—17:00 | Fortnightly | By appointment only. Monmouth Specsavers practice—01600 772828 |
| 4Networking Business Breakfast Meetings | 07:00—10:30 | Fortnightly | Mark Tomlinson— mark.tomlinson@wpa.org.uk 07771 886189 |
| Fitness Bootcamp | 09:00—10:00 | Weekly | Vikki Scovell— getfitter@yahoo.co.uk 07792 896230 |
| Line Dancing | 10:15—11:15 | Weekly | June Brown— sunflower2352@gmail.com 01600 716538 |
| Hatha Yoga | 10:15—11:45 | Weekly | Emily Ryder— yoga.emily@googlemail.com |
| Over 55 Social Club | 13:30—15:45 | Weekly | Roy Groves— roygroves4543@btinternet.com 01600 714570 |
| Zumba Fitness | 17:00—18:00 | Weekly | Sophie Stevens— pinksoph5@hotmail.co.uk 07807764154 |
| Sunday | | | |
| Stagecoach (Children's Stage School) | 09:00—13:00 | Weekly | Louise Albert— stagecoach@cwmbbran.co.uk 07811 873614 |

FORTHCOMING EVENTS

Fri. 7th July — *Building Bridges: Fish & Chips Quiz 7:30pm* Contact 01600 715638 for more information

Wed. 12th July — *Monmouth Floral Society 1:45pm—5:00pm* For more information, contact Jean Morgan 01291 691812

Wed. 19th July — *Welsh Blood Service 2:00pm—6:30pm* Please phone 0800 252266 or email donor.appointments@wales.nhs.uk

Sun. 23rd July — *Loveny Male Voice Choir 7:00pm* Tickets £8.00 from Reception, concessions £5, under 16s free

Tues. 8th August— *Fashion Show 6:00pm—8:00pm* Includes mini high tea and bubbly upon arrival, tickets £7.00 from 01873 859758 or 01600 773010

Wed. 9th August— *Monmouth Floral Society 1:45pm—5:00pm* For more information, contact Jean Morgan 01291 691812

Thursdays — *The Tea Dance 1:45pm—3:15pm* Suitable for all, dancing followed by tea and a biscuit. Donations welcome!



Drybridge House

BRIDGES CENTRE
WHAT'S ON
at BRIDGES

DRYBRIDGE HOUSE
DRYBRIDGE PARK
MONMOUTH
NP25 5AS

reception@bridgescentre.org.uk
01600 715 638

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