

Who's Who at Bridges

Room hire & events	Laura Morgan / Angela Price	228660
Fundraising	Dorothy Laidler	228664
Weddings	Dorothy Laidler	228664
The Bistro - Catering	Ann Sweetensen	228666
Accounts	Laura Hayward	228663
HR /PA to Centre Director	Beth Baker	228663
Centre Director	Mark Walton	228665
Building Bridges Project	Beccy Williams	228669
Monmouth Social Circles	Ann Brankley / Anne Jenkins	228668
Alzheimer's Society	Jen Evans	719127
Home-Start	Pam Lloyd	07714287629
Coates Physiotherapy		01291627226
Firecrest IT Ltd	Rob Wilde	899009
Harthill Consulting Ltd	Lyn Draper	714419
Happy Feet—nail cutting	Graham Jeremiah	07917701263
Health Visitors		228782
Natural Health Centre		772622
Monmouth Music School	Josh Abbott	477600
The Lavender Way	Caroline Doré	07836609192

Who's Who at the Shop

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

Who's Who in the Stables

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 07484616485

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	Tricia Dodd— monmouthu3a@gmail.com
Craft Creators	09:30—15:00	Monthly	Helen Williams— heleniwilliams@googlemail.com
Fit 4 Life Walking Group	10:00—11:00	Weekly	Barbara—01600 460218
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
Singing for the Brain	14:00—15:30	Weekly	Karina Sobczyk— karina.sobczyk@alzheimers.org.uk 01600 719127
Dance for Parkinson's	14:00—15:30	1 st Monday	Sarah Fletcher— sfletcherdance@outlook.com 0772 547 8652
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.eu 01600 228660
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— justaiif@gmail.com 07722 357580
Rock Choir UK	19:45—21:15	Weekly	Jackie Heron—01252 714276
Tuesday			
Pilates	07:45—08:45	Weekly	Kath Hodgson— pharmafit@hotmail.co.uk 07427 645575
F L exercise	09:45—10:45	Weekly	Claire Tugwell— tugwelltrees@talktalk.net 01981 510104
U3A Recorder Group	09:00—12:00	1 st , 3 rd , 5 th Tuesday	Caroline Robertson—01873 821325
PHOENIX– Mental Health Matters (formally MSHFG)	10:00—12:00 19:00—21:00	Weekly on alternate Tuesdays	Jennie Morgan— mshfgrp@gmail.com 07944379617
Monmouth Social Circles (for Seniors)	10:00—14:30	Weekly	Ann Brankley— ann.brankley@bridgescentre.org.uk 01600 228668
National Childbirth Trust (NCT)	10:30—12:00	Weekly	Branch.MonmouthAndDistrct@nct.org.uk 0300 330 0700
F L exercise	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—Michael Saunders 01600 716255
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—772828
Fitness Bootcamp	09:15—10:15	Weekly	Vikki Scovell— getfitter@yahoo.co.uk 07792 896230
Walk15 with Andrea Kinnear	09:45—10:45	Weekly	Andrea Kinnear— andrea.kinnear@btinternet.com
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 228660
Nordic Walking	13:30—15:00	Weekly	Ann Rosser— annfellowes@googlemail.com
Floral Society	13:45—17:00	2 nd Wednesday	Jean Morgan—01291 691812

ACTIVITY	TIME	MEETING	CONTACT DETAILS
Wednesday (continued)			
U3A Geology	14:00—15.30	2 nd Wednesday	Guy Moody— micro.moody@gmail.com 01600 714835
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
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
Breast Cancer Support Group	19:30—21:00	1 st Wednesday	Lesley Jenkins—01600 713604
Thursday			
Monmouth Social Circles (for Seniors)	10:00—14:30	Weekly	Anne Jenkins— anne.jenkins@bridgescentre.org.uk 01600 228668
U3A Yoga	10:15—11:45	Weekly	Anne Dixon-Child— 01600 775561
Tea Dance	13:45—15:15	Weekly	Reception— reception@bridgescentre.org.uk 01600 228660
U3A Bridge Club	13:45—16:15	2 nd , 4 th Thursday	Sheila Dewhurst—01989 567580
Sequence, Ballroom & Latin Dancing	15:30—16:30	Weekly	Ann Brankley— ann-dance@hotmail.com 07719 946940
Shushokan Karate	17:00—21:00	Weekly	Paul Jones— pauljoneskarate@hotmail.co.uk 07850003672
Walk15 with Andrea Kinnear	18:00—19:00	Weekly	Andrea Kinnear— andrea.kinnear@btinternet.com
Friday			
4Networking Business Breakfast Meetings	07:00—10:30	Fortnightly	Mark Tomlinson— mark.tomlinson@wpa.org.uk 07771 886189
Pilates	07:45—08:45	Weekly	Kath Hodgson— pharmafit@hotmail.co.uk 07427 645575
Fitness Bootcamp	09:00—10:00	Weekly	Vikki Scovell— getfitter@yahoo.co.uk 07792 896230
Specsavers Audiologist	09:00—17:00	Fortnightly	By appointment only. Monmouth Specsavers practice—01600 772828
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
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

Wed. 4th July — Lunch Club 11:30am—2:00pm £8.50

Please book at reception, 01600 228660

Sat. 7th July — Coda Rock & Roll for Cancer 7:30pm—Midnight £8.00
For Velindre hospital. Tickets available from reception, 01600 228660

Wed. 11th July— Monmouth Floral Society 1:45pm—5:00pm

Contact Jean Morgan on 01291 691812

Sat. 14th July — U3A Open Morning 10:00am—1:00pm

More information on www.monmouthu3a.com

Wed. 18th July — Welsh Blood Service 2:00pm—6:30pm

Please contact 0800252266 or donor.appointments@wales.nhs.uk

Thursdays—The Tea Dance 1:45pm—3:15pm

Suitable for all, dancing followed by tea and a biscuit



Drybridge House

Registered Charity No. 1079085 Company Limited by Guarantee 3853667

BRIDGES CENTRE
WHAT'S ON
at BRIDGES

DRYBRIDGE HOUSE
DRYBRIDGE PARK
MONMOUTH
NP25 5AS

reception@bridgescentre.org.uk
01600 228660

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