

| | A | B | C | D | E | F | G | H |
|----|---------------------------|---|-----------------------|---------------|--------------|------------------------|---------------------------------|---------------------------------|
| 1 | December 2021 | REGULAR ACTIVITIES IN LLANFOIST VILLAGE HALL | | | | | | |
| 2 | Type of Activity | Further Information | Day | Time | Room | Contact | Telephone | Email |
| 3 | Ballet (children) | Tiny Toes ballet: Tip Toes (6 - 18 months) | Friday | 12.50 - 13.30 | Main Hall | Charlotte Cordingly | 07368 991458 | charlotte@tinytoesballet.co.uk |
| 4 | Ballet (children) | Tiny Toes ballet: Twinkle Toes (18 months - 2.5 years) | Friday | 13.50 - 14.30 | Main Hall | Charlotte Cordingly | 07368 991458 | charlotte@tinytoesballet.co.uk |
| 5 | Ballet (children) | Tiny Toes ballet: Talent Toes (2.5 years - 4 years) | Friday | 14.50 - 15.30 | Main Hall | Charlotte Cordingly | 07368 991458 | charlotte@tinytoesballet.co.uk |
| 6 | Ballet (children) | Tiny Toes ballet: Twirlers (3.5 years - 5 years) | Friday | 15.50 - 16.30 | Main Hall | Charlotte Cordingly | 07368 991458 | charlotte@tinytoesballet.co.uk |
| 7 | Ballet (children) | Tiny Toes ballet: Spinners (5 years - 7 years) | Friday | 16.50 - 17.30 | Main Hall | Charlotte Cordingly | 07368 991458 | charlotte@tinytoesballet.co.uk |
| 8 | Creative | Chinese Painting | 1st Thursday in month | 10.00 - 12.00 | Meeting Room | Winnie Heneghan | 01873 850569 | kwongkuenshan@aol.com |
| 9 | Creative | Photography | 1st Tuesday in month | 10.30 - 12.30 | Meeting Room | Angela Graham | 01873 810422 | Angela.graham47@btinternet.com |
| 10 | Dance | Line Dancing | Wednesday | 13.00 - 14.00 | Main Hall | Sophie Stevens | 07807 764154 | pinksoh5@hotmail.co.uk |
| 11 | Dance/Health & Well-being | FitSteps | Wednesday | 11.45 - 12.45 | Main Hall | Sophie Stevens | 07807 764154 | pinksoh5@hotmail.co.uk |
| 12 | Drama | Llanfoist Players (pending restart) | Wednesday | 20.15 - 22.15 | Main Hall | Barbara McIntee | 01873 737752 | thom21thom@yahoo.com |
| 13 | Faith | Women of the Word (WOW) | Friday | 9.45 - 11.45 | Main Hall | Brenda Woodier | 07944 627240 | brendawoodier@yahoo.co.uk |
| 14 | Faith | Society of Friends | Sunday | 10.00 - 12.00 | Gallery | Deborah Clark | 01495 618972 | debbieclarke2006@hotmail.com |
| 15 | Film nights | Doors open 19.00 | 2nd Friday in month | 19.30 - 22.00 | Main Hall | Llanfoist Village Hall | | info@llanfoistvillagehall.co.uk |
| 16 | Health & Well-being | Tai Chi | 2nd Thursday in month | 13.30 - 15.30 | Main Hall | Karen Jones | 07773 030182 | karenjones649@googlemail.com |
| 17 | Health & Well-being | DRU Yoga | Friday | 11.15 - 12.30 | Gallery | Michael Cordell | 07779 2861108 | michael8karivaneden@gmail.com |
| 18 | Health & Well-being | Mindfulness | 1st Tuesday in month | 19.00 - 21.00 | Meeting Room | Philip Millichip | 07837 288096 | phillip.millichip@icloud.com |
| 19 | Health & Well-being | Pilates | Monday | 10.15 - 11.15 | Main Hall | Lilian Balsden | 01873 852384 or 07852 542858 | lilianbalsdon@hotmail.com |
| 20 | Health & Well-being | Postnatal mother and baby exercise | Monday | 11.00 - 12.00 | Gallery | Alecs McLennan | 07792 006019 | alecs@sweatymama.com |
| 21 | Health & Well-being | Aerobics | Monday | 11.30 - 12.15 | Main Hall | Lilian Balsden | 01874 852384 or 07852 542858 | lilianbalsdon@hotmail.com |
| 22 | Health & Well-being | Yoga (Beginners) | Monday | 17.30 - 18.30 | Main Hall | Ciara Bomford | 07531 727352 | ciarabomford@gmail.com |
| 23 | Health & Well-being | Yoga (Intermediate) | Monday | 19.00 - 20.45 | Main Hall | Cathy Genevie | 01874 812637 or 07746 399216 | cegenevie@btinternet.com |
| 24 | Health & Well-being | Postnatal mother and baby exercise | Monday | 9.45 - 10.45 | Gallery | Alecs McLennan | 07792 006019 | alecs@sweatymama.com |
| 25 | Health & Well-being | Pilates | Thursday | 10.40 - 11.40 | Main Hall | Kate Falkner | 01873 810047 or 07974 389906 | katefalkner123@gmail.com |
| 26 | Health & Well-being | Antenatal | Thursday | 18.00 - 19.30 | Gallery | Kate Mundell | 07790 821575 | katemundell@hotmail.com |
| 27 | Health & Well-being | Pilates | Thursday | 9.30 - 10.30 | Main Hall | Kate Falkner | 01873 810047 or 07974 389906 | katefalkner123@gmail.com |
| 28 | Health & Well-being | DRU Yoga | Thursday | 9.30 - 10.30 | Gallery | Michael Cordell | 07779 2861108 | michael8karivaneden@gmail.com |
| 29 | Health & Well-being | Pilates | Tuesday | 10.10 - 11.10 | Main Hall | Kate Falkner | 01873 810047 or 07974 389906 | katefalkner123@gmail.com |
| 30 | Health & Well-being | Pilates | Tuesday | 11.45 - 12.45 | Main Hall | Kate Falkner | 01873 810047 or 07974 389906 | katefalkner123@gmail.com |
| 31 | Health & Well-being | Pilates | Tuesday | 15.00 - 16.00 | Main Hall | Kate Falkner | 01873 810047 or 07974 389906 | katefalkner123@gmail.com |
| 32 | Health & Well-being | Yoga | Tuesday | 18.00 - 19.15 | Gallery | Miranda Shaw | 07958 708719 | miranda_shaw@hotmail.com |
| 33 | Health & Well-being | Mindfulness | Tuesday | 19.00 - 21.00 | Gallery | Philip Millichip | 07837 288096 | phillip.millichip@icloud.com |
| 34 | Health & Well-being | Pilates | Tuesday | 9.00 - 9.55 | Main Hall | Kate Falkner | 01873 810047 or 07974 389906 | katefalkner123@gmail.com |
| 35 | Health & Well-being | Pilates | Wednesday | 10.15 - 11.15 | Main Hall | Lilian Balsden | 01873 810047 or 07974 389906 | lilianbalsdon@hotmail.com |

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| 36 | Health & Well-being | Pilates | Wednesday | 18.00 - 19.00 | Gallery | Lilian Balsden | 01873 852384 or 07852 542858 | lilianbalsdon@hotmail.com |
| 37 | Health & Well-being | Yoga | Wednesday | 18.15 - 20.15 | Main Hall | Miranda Shaw | 07958 708719 | miranda_shaw@hotmail.com |
| 38 | Health & Well-being (children) | Toddlers Netball (2 - 4 years) | Sunday | 11.30 - 13.00 | Gallery | Aimee Beynon | 07854 824104 | a.lphillips@live.com |
| 39 | Health & Well-being (children) | Baby massage | Thursday | 11.00 - 12.00 | Gallery | Kate Mundell | 07790 821575 | katemundell@hotmail.com |
| 40 | Health & Well-being (children) | Baby massage | Thursday | 12.30 - 13.30 | Gallery | Kate Mundell | 07790 821575 | katemundell@hotmail.com |
| 41 | Health & Well-being (children) | Chatty Chimps' | Wednesday | 13.15 - 14.15 | Gallery | Angharrad Sliczny | 07776 301950 | angharradsliczny@monmouthshire.gov.uk |
| 42 | Hobbies/Pastimes | Slot cars club | 2nd Monday in month | 19.00 - 22.00 | Meeting Room | Alan Birchmore | 07592 858661 | alan.losttheplot5@gmail.com |
| 43 | Hobbies/Pastimes | History Society (pending restart) | 2nd Tuesday in month | 19.00 - 21.30 | Main Hall | Chris Barber | 01873 856918 | cbarber010@aol.com |
| 44 | Hobbies/Pastimes | Bridge club (pending restart) | Friday | 18.30 - 21.30 | Gallery | | | |
| 45 | Martial Arts | Taekwando | Tuesday (from Jan 2022) | 16.45 - 18.30 | Gallery | Craig Radford | 07707 801150 | starvanstkd@gmail.com |
| 46 | Martial Arts | Taekwando | Friday (from Jan 2022) | 16.45 - 18.30 | Gallery | Craig Radford | 07707 801150 | starvanstkd@gmail.com |
| 47 | Martial Arts | Tang Soo Do | Thursday | 17.45 - 20.15 | Main Hall | Paul Jones | 07796 873378 | govilontangsoodo@googlemail.com |
| 48 | Martial Arts | Tang Soo Do | Friday | 17.45 - 20.15 | Main Hall | Paul Jones | 07796 873378 | govilontangsoodo@googlemail.com |
| 49 | Music | Adult Recorders (pending restart) | Tuesday | 14.00 - 16.00 | Meeting Room | Caroline Jones | 01873 830176 | carolinejonesrecorders@hotmail.com |
| 50 | Music | Adult Recorders (pending restart) | Tuesday | 19.30 - 21.30 | Meeting Room | Caroline Jones | 01873 830176 | carolinejonesrecorders@hotmail.com |
| 51 | Older persons | Mardy Park Day Centre group | Tuesday | 10.30 - 13.30 | Gallery | Maria Thomas | 07966 249521 | MariaThomas@monmouthshire.gov.uk |
| 52 | Older persons | Mardy Park Day Centre group | Wednesday | 10.00 - 13.00 | Gallery | Maria Thomas | 07966 249521 | MariaThomas@monmouthshire.gov.uk |