

ORGANISED BY DIPTFORD WOMENS INSTITUTE

THIS PROGRAMME IS FUNDED THROUGH
AN

AWARDS FOR ALL GRANT

IT IS OPEN TO ALL WOMEN IN
DIPTFORD AND EVERY COURSE IS
SUBSIDISED TO KEEP COSTS AS LOW AS
POSSIBLE

WE DO HOPE THAT YOU ARE ABLE TO
JOIN IN ONE OR ALL OF THE ACTIVITIES
WE WILL BE OFFERING OVER THE NEXT
9 MONTHS.

WE HAVE TRIED TO ENSURE THAT
COURSES FIT AROUND THE SCHOOL DAY

SHOULD YOU REQUIRE A CRECHE TO
ENABLE YOU TO TAKE PART IN
ACTIVITIES, WE MAY BE ABLE TO
ARRANGE THIS

PLEASE LET US HAVE YOUR VIEWS
AND IDEAS

Pat Baggott ~ 01548 821528
diptfordpat@yahoo.com



LOTTERY FUNDED



FORTHCOMING ATTRACTIONS

PAMPER YOURSELF

We will be organizing a day of massage
and pampering at
Exeter University
if you are interested in joining us,
please contact
Pat Baggott on 01548 821528

TEN PIN BOWLING

We will be organizing a
TEN PIN BOWLING TRIP
If you're interested in joining us
contact
Pat on 01548 821528



Also in the planning stages are the courses
listed below
Watch local press, Diptford Village website
and posters for details of dates etc.

Or give me a call and register your interest
01548 821528
diptfordpat@yahoo.com

FOOD HYGIENE CERTIFICATE

BELLY DANCING

CATERING FOR SPECIAL DIETS

DIP AND DINE AT DARTMOUTH

Health and Fitness Programme

OPEN TO ALL WOMEN

**At
DIPTFORD VILLAGE HALL
(unless otherwise stated)**

**BRING THIS WITH YOU TO
GET YOUR FIRST SESSION
FREE**



**Join us on 16th June
In the Village Hall
for a cup of coffee and
a chat about what's
on offer
2.30—3.30**

We want to hear your ideas too!



RESCUE YOUR BODY

6 week course ~ ALL ABILITIES WELCOME

Gentle exercise to music to help loosen those tired muscles and help get mobility back or just come along to help to exercise and relax

Tuesday, 23rd June - Tuesday, 28th July (inclusive)
£1.00 per session

TAI CHI

5 Week Course ~ ALL ABILITIES WELCOME

An introduction to this gentle exercise that can help you to develop more of your potential and improve your quality of life.

Venue : The Village Hall, Diptford

Tuesday, 1st September ~ Tuesday, 29th September
(inclusive)

Time ~ 2.00—3.30 Tutor ~ John Hamlett
£1.00 per session

GENTLE DANCE EXERCISE

5 Week Course ~ ALL ABILITIES WELCOME

Gentle introduction to this exercise programme based on the Margaret Morris Movement.

Venue : The Village Hall, Diptford

Tuesday, 6th October ~ Tuesday, 3 November (inclusive)

Time : 2.00—3.30 Tutor ~ Ruth Oatey
£1.00 per session

WALKING ON DARTMOOR

A walk on Dartmoor led by Gordon Waterhouse
through Wistman's Wood

A gentle 2 mile circular walk and afternoon lunch.

No charge for the walk

Provide your own lunch or eat at the Pub

Transport will be arranged from Diptford ~ a voluntary
contribution towards petrol costs paid to driver

(usually £2 per head)

Date to be confirmed



CROQUET AT AVONWICK TENNIS ANDCROQUET CLUB

Friday 4th and Friday 11th September

Learn to play Croquet

£1.00 per session

Followed by two weeks to practice your new skills!

Friday, 18th and 25th September

10.00 ~ 12.30

(this time to be confirmed)

Please register your interest with

Pat ~ 01548 821528

PILATES

Introduction to Pilates ~ 3rd September

2.00—3.30 at Diptford Village Hall

Weekly Sessions commence on 17th September

2.00—3.30 at Diptford Village Hall

Tutor Jo Randall

£1.00 per session

Complete beginners course

which will run until Easter 2010

WALK AND LUNCH AT RIVERFORD

19th August 2009

Walk from Riverford Field Kitchen
at 11 am

Followed by lunch at 1 pm

Cost £5 per head

Need names for this one by 15th June

Ring Pat on 01548 821528

to get your name on the list!