

NOTICE BOARD Part 2

**No Sweat!
No Strain, No Rush, No Competition!**

T'AI CHI

Goxhill Memorial Hall **Mondays 2.00pm– 3.00pm**

For those with the patience and focus to discover fitness from the inside out. Learn the graceful flowing movements of this ancient art, providing a soft and gentle, yet subtly powerful exercise which, once learned, may be continued safely into old age.

Lee Family Arts T'ai Chi exercises the brain as well as every part of the body, improving concentration and co-ordination. Regular practise can lower blood pressure; improve flexibility, balance and breathing. This form of exercise can also help lift depression and lead to better sleep. Students learn how to let go of stress and tension, build vitality and increase energy levels.

Exercises can be adapted to suit most physical limitations, making it an ideal route to recovery from illness or injury.

£14 for four weeks

For more information or to book a place
tel: **Janet: 01482 492513**

NORTH LINCOLNSHIRE BEEKEEPERS

Our next events are:

Sat 9 June Bee Friendly Plant Sale at
Broughton Village Hall **10am – 12.30pm**.

The majority of the plants on sale grown by Shelagh with all proceeds going to our District to help promote beekeeping in North Lincolnshire.

We have decided to have a Summer break this year so there will be no more meetings until September.

Unless stated otherwise our meetings commence at 7.30pm on the last Monday of the month at Broughton Village Hall, 59, High Street, Broughton DN20 0JX £1 Members - £2 Non members which includes refreshments.

Kevin Seddon - Secretary North Lincolnshire Beekeepers District. Tel 07888 828187

email - kevinbeeseddon@gmail.com

website - www.northlincsbeekeepers.org.uk

Facebook Group -

www.facebook.com/groups/northlincsbeekeepers/

KNIT & NATTER

CHAPEL SCHOOL ROOM Thursdays 2-4pm
Tea, coffee, biscuits, Raffle - £3 All welcome

GOXHILL ART CIRCLE

We meet on Wednesday afternoon in the room at the rear of the Methodist Church Goxhill from 2 - 4pm. The door is always open from 1.45pm. We paint whatever is our interest. However if you are a beginner we would help you with every aspect of this hobby. Just come along and relax with us over a cup of tea & biscuits or call **Noel Martin on 01469 531382.**

CRAFT CLUB

Craft Club is held every **Tuesday evening from 6pm** at Keepers Lodge, Churchside, Goxhill DN19 7HY We are a friendly bunch, it doesn't matter if you're a complete novice or advanced crafter, we welcome all! We do mainly card and paper crafts, gift boxes etc but are willing to try most things! The cost of each session is £7 on the door BUT if you prebook/ and pay for your place in advance it's ONLY £5 ! This includes all supplies needed, cake and a cuppa or two! Contact **June Fulton on 07713 289779** to reserve your place.

BARTON CARERS GROUP

Are you caring for a loved one and need a break?

Do you know about our Group to support YOU, as you need care as well?

We meet every Tuesday 1-3pm at BAYSGARTH MUSEUM.

We can find a sitter and transport where needed, for you to come and have a couple of hours with people in the same situation as yourself.

We offer support and friendship, have different activities to help you have a little respite from your demanding role of carer.

Also to let you know you are not on your own.

To find out more please ring the **Local Group Office** at Brigg on **01652 650585.**
Charity No 1070028

THE LUNCHEON CLUB

Meets at the Chapel at 12 noon on the second Wednesday of every month. If you would like to come along and share an excellent two-course meal and conversation.

Phone **Jane Arnott on 530962** to book a place.

GOXHILL'S COMMUNITY LIBRARY

To contact the library volunteer team about Goxhill Community Library please either email goxhilllibrary@yahoo.co.uk or call in and talk to us.

OPENING TIMES

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|---------------------|--------------------|------------------|
| • Mondays | from 3.30pm | until 7pm |
| • Wednesdays | from 2pm | until 5pm |
| • Fridays | from 3pm | until 6pm |

Lincolnshire Integrated Voluntary Emergency Service

LIVES.

LIVES contact details - **Damian Connolly**, branch co-ordinator, email connolly.dam@gmail.com or telephone **530656** or **07802710065**