

DON'T DELAY IF YOU WANT TO BOOK THE HUB.

Please see our new website at www.horspathhub.co.uk where you will find the Hub Bookings Calendar for availability, Terms and Conditions, and the Booking Form, which can now be completed online. There is a discount for Horspath residents. Please contact Sally Humphrey or Sheila Frankum for more information: 07779 672163 or horspathhub@gmail.com

PROSPECT

House and Garden Maintenance.
Call Bob Surman, your Handyman in Horspath: **07786 115516**

SENIOR RESIDENTS' FISH & CHIP LUNCH

At the Queens Head
Monday to Thursday 12.00pm-3.00pm
£6.95

Call us on 01865 876222 or 07399 813245 for bookings.

DON'T BE LEFT OUT!

Become a "Friend of Horspath" to keep up to date between Newsletters.

E-mail: horspathhub@gmail.com

This Newsletter was printed by:

PARCHMENT PRINT OF OXFORD

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Friends of Horspath

SPRING/SUMMER 2022

HORSPATH HUB NEWSLETTER



SPRING MARKET

Saturday 14th May 2022
10.00am – 12.30pm

There will be stalls inside the Hub and in the Garden. Stalls to be finalised.

THE QUEEN'S PLATINUM JUBILEE

Friday 3rd June 2022
2.00pm -5.00pm

Come and join us for a free celebration tea party to celebrate the Queen's Platinum Jubilee.

Please see our new website for all you need to know about the Hub.

www.horspathhub.co.uk

MONTHLY ACTIVITIES
FIRST MONDAY OF THE MONTH

MAKING TIME

Craft Class: plaster work, baskets, quilting, crochet and knitting.
Free

Contact: Sheila Frankum on 07779 672163

E-mail: community.hub@horspath.org.uk

2.00pm-4.00pm

AD HOC MONDAYS

CREATIVE WRITING

£5.00.

Contact: Anna Radcliffe annaradcliffe@gmail.com

2.00pm-4.00pm

FIRST WEDNESDAY OF THE MONTH

SENIOR RESIDENTS' CLUB

Tea/coffee, cakes and a chat. All over-50's are welcome.

Free membership from March 2022 to February 2023.

Contact: Leonora Richardson 01865 873107/leonoradeluc@icloud.com

2.00pm-4.00pm

MID WEDNESDAY OF THE MONTH

ONE-TO-ONE YOGA AND MASSAGE SESSIONS

In the Meeting Room.

Wednesdays between 12.00pm and 5.00pm

Thursdays between 8.00am and 4.00pm

For fees and appointments: lisa@lisacuerden.com

VINYASA FREEDOM FLOW YOGA

For fees and to book a place: lisa@lisacuerdon.com

6.00pm-8.00pm

FIRST FRIDAY OF THE MONTH

AGE UK INFORMATION AND ADVICE

10.30am-12.00pm

THIRD FRIDAY OF THE MONTH

HORSPATH WINE CLUB

Nigel Montgomery: 01865 872719

nigelmontgomery@live.com www.horspathwine.club

7.30pm-9.30pm

AGE UK WILL INFORM US WHEN THE FILM CLUB RESUMES.

AGE UK FILM CLUB FOR THE OVER 50's

Cost £3.50 including tea and cake.

2.00pm-4.00pm

WEEKLY ACTIVITIES

MONDAYS

PILATES EXERCISE CLASS

Kim Barresi

Contact: kim.barresi@gmail.com

Sally Humphrey sallylhumphrey@gmail.com

9.15am-10.15am

SEATED WELLNESS CLASS

Booking is essential

Contact Sally Humphrey sallylhumphrey@gmail.com

2.15pm-3.15pm

FORREST-INSPIRED YOGA

Booking is essential on website

Sarah Leyla www.sarahleyla.com/group-classes

See website for online yoga groups

For help with booking, please email: sallylhumphrey@gmail.com

6.00pm-7.00pm

TUESDAYS

TABLE TENNIS

Sheila Frankum: 07779 672163/horspathhub@gmail.com

10.00am-12.00pm

VINYASA FLOW YOGA

Verity Warne veritywarne@hotmail.com 07906 962333

7.00pm-8.15pm

WEDNESDAYS

CORE-BASED PILATES

Marlon May

marlonmay@mmhealthandfitness.com

Sally Humphrey: sallylhumphrey@gmail.com

MIDWEEK YOGA

Booking is essential on the website

Sarah Leyla www.sarahleyla.com/group-classes

8.15am-9.15am

12.15pm-1.00pm

THURSDAYS

HUB ART GROUP

John Underdown: sculptureforyou@gmail.com

07825 615735

LINE DANCING

Leonora Richardson/Jacqueline Franklin: 01865 873107

10.30am-12.30pm

2.00pm-3.30pm

FRIDAYS

POST OFFICE

Open every Friday except when Bank Holiday falls on a Friday.

COFFEE MORNINGS

Open every Friday including Bank Holidays, except Christmas Day.

10.00am-1.00pm

10.30am-12.00pm