

Keep in touch



Events Guide

What's on at your local community centre

June 2015



About Foundry Court Community Centre

Foundry Court is a community centre for everyone. Based in Manningtree, it offers a wide range of events and services provided by local organisations. It is run by Colne, the Essex-based charitable housing association.

Room hire

Our rooms are available for private functions, parties, clubs and other activities.

Keep in touch



Twitter: Follow us @Foundry_Court




Facebook: Like our page
FoundryCourtCommunityCentre

www.foundrycourt.co.uk

Advance bookings must be made for:

Physiotherapist	07910 461145
Hearing Specialist	0800 0926641
Massage Therapist	07932 669156
Podiatrist	01206 393203
FREE pamper session	01206 397283



Join us this month for new
meditation and relaxation classes

Pregnant? New classes for expectant mums

For more information on any of the events in this publication,
please contact **Carole Butterfield**.

Tel: 01206 397283

Email: carole.butterfield@colnehousing.co.uk

Address: Foundry Court, Colchester Road,
Manningtree, Essex CO11 1ES



What's on at Foundry Court June 2015



Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
9.30am - 4pm Café open 10am Computer class with Pam 12 noon Physiotherapy acupuncture 1.30pm Seated Exercise Class	9am IT Suite open 9.30am Farmers' Market 9.30am Beautician 1pm Chair Yoga 2pm 60+ Music by Chasing Time 6.30pm Pregnancy yoga and relaxation 7pm Whist 7pm Relaxation and mediation	9am Podiatrist 9.30am - 4pm Café open 1pm Choir 7pm Belly Dancing 7.30pm Bingo	9.30am - 4pm Café open 10am Massage therapist 2pm Carpet Bowls 7pm Pregnancy massage	9am IT Suite open 10am Rendezvous Coffee Morning 12 noon Physiotherapy acupuncture 1pm Tai Chi
8	9	10	11	12
9.30am - 4pm Café open 10am Computer class with Pam 12 noon Physiotherapy acupuncture	9am IT Suite open 9.30am Farmers' Market 9.30am Beautician 1pm Chair Yoga 2pm Film Club 6.30pm Pregnancy yoga and relaxation 7pm Whist 7pm Relaxation and meditation	9am Podiatrist 9.30am - 4pm Café open 10am FREE pamper session 1pm Choir 7pm Belly Dancing 7.30pm Bingo	9am IT suite open 9.30am - 4pm Café open 12pm Hearing specialist 1.30pm Skills swap 7pm Pregnancy massage	9am IT Suite open 10am Rendezvous Coffee Morning 12 noon Physiotherapy acupuncture 1pm Tai Chi
15	16	17	18	19
9.30am - 4pm Café open 10am Computer class with Pam 12 noon Physiotherapy acupuncture	9am IT suite open 9.30am Farmers' Market 9.30am Beautician 6.30pm Pregnancy yoga and relaxation 7pm Whist 7pm Relaxation and meditation	9am Podiatrist 9.30am - 4pm Café open 1pm Choir 7pm Belly Dancing 7.30pm Bingo	9am IT Suite open 9.30am - 4pm Café open 10am Massage therapist 1.30pm Skills Swap 2pm Carpet bowls 7pm Pregnancy massage	9am IT Suite open 10am Rendezvous Coffee Morning 12 noon Physiotherapy acupuncture 1pm Tai Chi
22	23	24	25	26
9.30am - 4pm Café open 10am Computer class with Pam 12 noon Physiotherapy acupuncture 1.30pm Seated Exercise	9.30am Farmers' Market 9.30am Beautician 2pm Film club 6.30pm Pregnancy yoga and relaxation 7pm Whist 7pm Relaxation and meditation	9am Podiatrist 9.30am - 4pm Café open 1pm Choir 1.30pm Paper Craft £1.50 (material supplied) 7pm Belly Dancing 7.30pm Bingo	9am IT suite open 9.30am - 4pm Café open 12pm Hearing specialist 7pm Skills Swap	9am IT Suite open 10am Rendezvous Coffee Morning 12 noon Physiotherapy acupuncture 1pm Tai Chi
29	30			
9.30am - 4pm Café open 10am Computer class with Pam 12 noon Physiotherapy acupuncture	9.30am Farmers' Market 9.30am Beautician 1.30pm Pilates 6.30pm Pregnancy yoga and relaxation 7pm Whist 7pm Relaxation and meditation			