

Tiddington Community Centre



Tiddington Community Centre (TCC)

Email rob.cobley@touchwoodonline.com

For all details and bookings for the TCC

Turn back the clock!

Move it or Lose It
comes to the TCC every Wednesday at 11.15

A **NEW** fitness class designed specifically for the **over-60s** has launched in the **TCC** as part of a campaign to help people to stay young by improving strength, balance and overall health as we all age.

Lesley Natrins is on a mission to keep the over 60s moving by encouraging them to go along to an exercise class with a difference designed by Move it or Lose founder Julie Robinson who was seen on **BBC's "How to Stay Young"**

This class is known as FABS Flexibility, Aerobics, Balance and Strength

The FABS programme combines exercises that have been scientifically proven by the Centre for Healthy Ageing Research at the University of Birmingham to turn back the clock. Lesley explains how her Move it or Lose it class can help older people feel fabulous about life: *"I'm thrilled to be part of the FABS family. I want to make a real difference to the community and to get this age group feeling great about themselves again. There are so many classes and clubs aimed at the under fifties and very little for baby boomers who still want to feel great but don't like going to the gym to keep fit. It's a fantastic way to get together with other people in the area, keep fit and have fun whilst doing it!"*

The exercises we do in the classes are easy to follow and fun. This isn't about people dressing in lycra ready to hit the gym or do a high intensity session, our exercises are designed with you in mind and **can be done seated or standing...**

FABS is for people who want to live longer, happier, healthier lives and I promise you will notice a difference in just a few weeks

There's a warm welcome for everyone who attends



Contact Lesley on 07801 265599 or email Lesley.natrins@moveitorloseit.co.uk for more details or to book your place

TCC every Wednesday morning at 11.15

Tiddington Community Centre

TCC PRESENTS – FOR ONE DAY ONLY!

FRIDAY 31st MAY @ 7.30pm

THREE FOR THE PRICE OF ONE!

Three Plays - Three writers - One evening

Beezer Productions

A VAST DIFFERENCE

by Bernard Hall

Dick has come for a vasectomy. He's nervous. He's shy. And he's not sure the doctor knows what she's doing. Will this end well? Come see this outrageous comedy to find out!

ARMISTICE THEATRE

PALS

by Mike Tildesley

Following a disastrous trench raid, Freddie finds his friend George lying in a shell hole with a shrapnel wound in his stomach. The two men soon face a moral dilemma as they are joined in the shell hole by Albert, a man who seems very out of place in the front line. As the play progresses, we discover the reasons that each of the three men joined up and learn the true meaning of what it is to be pals.



SECOND THOUGHTS DRAMA GROUP

SUPERSNOUT

by Jane Caferella

What happens when your pet dog turns super sleuth and reveals what goes on behind your closed doors? A light-hearted story about a big-hearted chihuahua, love, loyalty and deceit. Jane Caferella, Australian playwright, finalist in the New York International playwriting competition New Works of Merit wrote this little gem of a play in memory of her own chihuahua.

**Fri 31st May at Tiddington Community Centre,
39 Main St, Stratford-upon-Avon CV37 7AY
and Sat 1st June at Ilmington Village Hall,
1 Front St, Ilmington, Shipston-on-Stour CV36 4QP
at 7.30 pm**

TICKETS £7.50 from: 3plays.impressiononline.co.uk

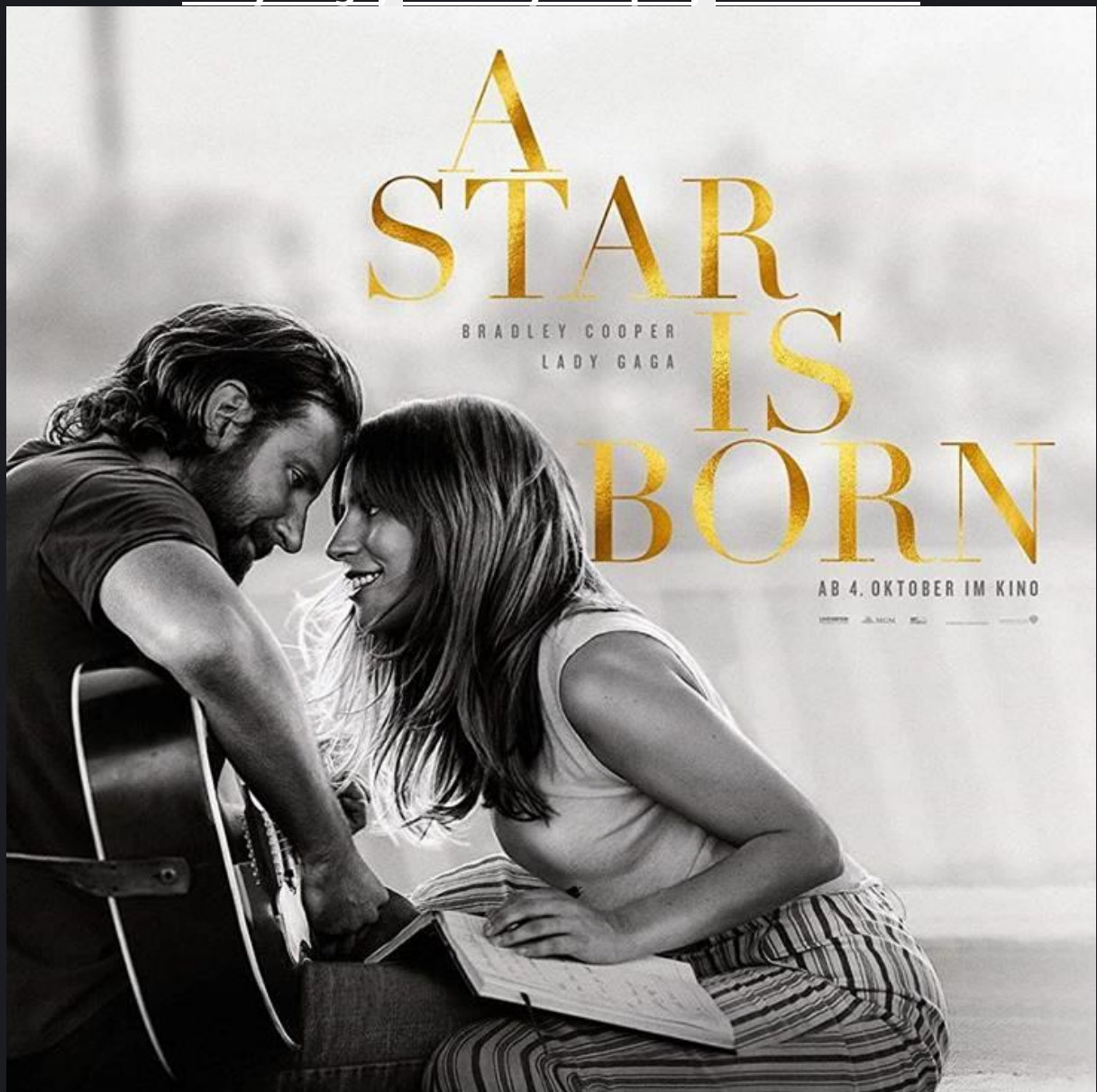
Tiddington Community Centre

FRIDAY 7th JUNE is TCC Film Night!

A STAR IS BORN

15 | 2h 16min | Drama, Music, Romance

Lady Gaga | Bradley Cooper | Sam Elliott



Friday 7th June
7 for 7.30pm

Annual TCC Film Club Membership still only £20
Details: Stewart Band sband@hotmail.co.uk

ALL TCC USERS PLEASE NOTE

We have recently had the main hall floor sanded and polished.

So Please be extra careful when using the TCC to ensure that you do not scratch the floor!

After some 54years use it is waring quite thin!

And will, all too soon, need replacing...

To be removed from this email distribution list
Email rob.cobley@touchwoodonline.com

Tiddington Community Centre



For details on all TCC Activities and Bookings email Rob
rob.cobley@touchwoodonline.com



**A GREAT VENUE FOR ALL
MEETINGS!**

PLUS

A VARIETY OF REGULAR ACTIVITIES

Times are available mornings, afternoons and some evenings

Email rob.cobley@touchwoodonline.com

To make your Bookings for the TCC

TCC REGULAR ACTIVITIES BY DAY

MONDAYs @ 1pm **PILATES** with Dom

MONDAYs @ 4pm **CIRCUITS** with Rob

MONDAYs EVERY 2 WEEKS 7pm for 7.30pm **BINGO**
with Erica & Janice

Next **BINGO** is on 20 May, 3 & 17 June, 1, 15 & 29 July etc

TUESDAYs 4-5pm **BOYZ DANCING** with Natalie

TUESDAYs 6-8pm **Puppy & Dog Training** with Cat

WEDNESDAYs 11-12.30 **FITNESS for OVER 60's** with Lesley

WEDNESDAYs 2-4pm **SHAKESPEARE HOSPICE TEA DANCE**
with Margaret & Patrick - Monthly = next 11 September, 9 Oct, 6 Nov & 11 Dec

WEDNESDAYs 2-4.15pm **TCC TEA DANCE** with Alan & Vivian
Monthly = next 15 May, 19 June, 17 July, 21 Aug, 18 Sep, 16 Oct, 20 Nov & 18 Dec

WEDNESDAYs 7pm-8.30pm **BALLROOM DANCING** with Jo

THURSDAYs 10am-12pm **Fitness Classes - Mums & Babies**
with Victoria

THURSDAYs 1.30pm-2.30pm **ZUMBA GOLD DANCING** with Miranda

FRIDAYs 8.30pm-13.30pm **RHYTHM TIME** with Rachel

First FRIDAY Every Month **TCC FILM NIGHT** with Stewart
7pm for 7.30pm **FEATURE FILM £20/Year/Adult**
Monthly = next 7 Jun, 5 July, 6 Sep, 4 Oct, 1 Nov & 6 Dec

**See TCC eNews for more details on all above events
and activities or email**

rob.cobley@touchwoodonline.com

WEB SITE: www.tiddingtoncommunitycentre.org.uk

TCC Tuesdays 6-8pm Puppies & Dogs

**Cat's
Dog
Training**



PUPPY CLASSES

6 week course for puppies up to the age of 6 months.

Using positive reinforcement techniques to teach basic obedience, develop good manners, socialisation and give your new dog the best start in life.

**Tiddington Community Centre
Tuesdays 6pm - 7pm**

Delivered by Cat - experienced and fully certified dog trainer

Spaces are limited so book early to avoid disappointment

Please get in touch for more information and course start dates

cat.roe@outlook.com

07563 143280

f [facebook.com/catsdogtraining](https://www.facebook.com/catsdogtraining)

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TCC Thursdays 10am-12pm OneFitMama Classes

Tiddington
Community Centre
CV37 7AT



Thursday's
Toddlers - 10am
Babies - 11am

Free trials
available



Contact - Victoria
07855 424 104
Stratford@onefitmama.co.uk



TIDDINGTON COMMUNITY CENTRE

Thursdays
10am Toddlers
11am Babies
Contact Victoria
Stratford@onefitmama.co.uk

Victoria Larder stratford@onefitmama.co.uk

TCC Fridays 8.30am-1.30pm Rhythm Time Classes



Introduce your child to a world of sound, songs and music!

Fun, educational & multi-sensory music classes for babies, toddlers & pre-schoolers

Call Rachel: 07469186042

rhythm time

WINNER

rhythmtime.net/rt99

Rhythm Time provide fun music classes for babies, toddlers & pre schoolers
We are passionate about music & how it enhances your little ones development.

Classes will be on Friday mornings at the following times

30am pre school (3 - 4 year olds)

10.10am and 10.50am toddlers (1-2 year olds)

11.30am Baby 0-12 months

12.20pm young baby class 0-5 months



Fun multi-sensory & developmental music classes for babies, toddlers & pre-schoolers in Stratford

Call 07469 186 042

rhythmtime.net/rt224

rhythm time

or

contact rachel on rachelrtime@gmail.com
www.rhythmtime.net/
07469186042 to reserve a place

**For more information on any TCC Events/Activities
OR to make a Booking then
Email rob.cobley@touchwoodonline.com**
