



Quarterly Newsletter

What's been happening: from June to November 2022

In the Summer we held our successful **Jubilee celebrations** over 2 days to honour Queen Elizabeth II. The public arrived in their hundreds to join in the fun: Live music, Story telling, Scouts camp food, Dance, Katie Doherty's song for the community centre, Indian music and a finale with a Jubilee Tea Party with Jubilee commemorative mugs presented by the Parish Council.



See our website www.fmyca.org.uk



In October this was followed by our lively **Halloween Party** which was enjoyed by everybody but particularly the young people who came along with parents to enjoy Pumpkin carving, Halloween food, party games and disco.



See our Facebook page facebook.com/FramwellgateMoorCC/

We received some wonderful comments for people who attended



There are always a number of fun, leisure, fitness and educational activities taking place at the centre. These are for all ages. Come along and try one – we can't guarantee you will instantly enjoy it but you will make new friends.

Mon-Fri TIN Arts morning and afternoons

Monday Art Class from 1000-1200

Yoga Class 1000-1130

Blind Life in Durham 1300-1500

Tuesday Durham Bridge Club 1900-2100

Wellbeing Programme 1000-1400

Durham Bridge Club 1300-1600

Durham Dance 1600-2130

Durham Bridge Club 1900-2200

DCSG 1900-2000

Wednesday Little Movers 0930-1130

Tai Chi 1030-1200

Martial Arts 1330-1500

Youth Club 1630-1930

Durham Dance 1600-2130

Thursday Kalma life 1300-1500

Paint & Sip 1800-2000

Friday Hartbeeps 1000-1400

Martial Arts 1800-2000

English Folk Dancing 1930-2200

Saturday Martial Arts 0930-1130

Makers Market Craft Fayre 1000-1400

Sunday RCCG Church Group 1000-1300

Indian Music-café area 0830-1030

Arabic Class 1100-1500

Please check with the Centre that times haven't changed

Wellbeing Programme

Our Wellbeing Programme is on every Tuesday from 10am to 2pm, to help people back into the community by having a cuppa and a chat, someone to talk to and fun activities to engage in. The November Programme is below:

November

Nov 1	Poppy Crafting	10-12noon
	Chair Exercises	1pm-2pm
Nov 8	Remembrance Crafts	10-12noon
	Chair Exercises	1pm-2pm
Nov 15	Christmas Crafts	10-12noon
	(Tree Decorations)	
	Chair Exercises	1pm-2pm
Nov 22	Christmas Crafts	10-12noon
	Chair Exercises	1pm-2pm
Nov 29	*Glass Workshop*	10-12noon
	(Christmas Decorations)	
	Chair Exercises	1pm-2pm

😊 Our Christmas Fayre takes place on 10 December from 12noon to 4pm 😊