

Coming up in January...

Artists this Month

Carol O'Dea ~ Chinese Brush Painting

13th December – 9th January 2019

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Grove Park School ~ Art Exhibition

11th January-

Pine Grove Pictures

Friday Janaruy 11th

The Gurnsey Literary and Potato Peel Pie Society

(2018) 12A

7.00pm, film starts at 8pm

Tickets from CCC, J&K Gallery or Online

www.pinegrovepictures.org.uk

Saturday Dances

From 7.30pm – 11.00pm

5th January Graham's Dances

12th January Sir Dancealot

19th January Top Hat

On Mondays

8.15am-11.00am Tai Chi (*various classes*)
 10.00am-11.45am ACRES Drawing for Beginners
 10.00am-12.00pm Musical Bumps
 10.00am-12.00pm Classical Drawing
 12.30pm-3.00pm ACRES Drawing for Improvers
 1.30pm – 2.30pm Strictly Ballet
 1.30pm-3.30pm Stitch
 4.00pm-5.45pm Strictly Ballet (*various classes*)
 6.00pm-7.15pm Yoga with Claire McLellan
6.15pm-7.15pm Kangoo Jumps
 7.00pm-11.00pm Crowborough Bridge Club
 7.00pm-8.00pm Semi Contact Kick Boxing
 7.45pm-9.00pm ACRES Belly Dancing
 8.00pm-9.30pm Fiction Addiction
 8.15pm-9.15pm Clubbercise

Monthly/fortnightly Monday events:

7th - 1.00pm-4.00pm U3A Quilts
 7.30pm-9.30pm Crow Model Boat Club
 21st – 2.00pm-4.00pm U3A Digital Photography
 28th – 1.30pm-4.15pm U3A Jazz Appreciation

On Tuesdays

8.30am-9.30am Tai Chi
 10.00am-12.00pm ACRES Dressmaking
 10.30am-11.15am Corrine's Pilates
 12.30pm-2.15pm Strictly Ballet (*various classes*)
 4.00pm-5.00pm Ideal Performing Arts
 7.00pm-10.00pm MHG Dance Club
 7.15pm-9.15pm Fat Quarters Quilting
 6.00pm-8.00pm Pole Inspired

Monthly/fortnightly Tuesday events:

8th - 6.30pm-10.00pm Crowborough Vale WI
 18th – 10.00am-12.30pm U3A Science & Technology
 29th – 6.45pm-9.45pm Crow Horticultural Society

On Wednesdays

10.00am-1.00pm Season's Art (starts 30th)
 10.00am-12.00am ACRES Italian
 10.00am-12.00pm Tai Chi (*various classes*)
 10.30am-11.30am Know Dementia Choir
 2.00pm-4.30pm Graham's Dances
2.00pm-5.00pm Season's Art (starts 30th)
 6.45pm-9.00pm Ashtanga/Vinyasa Yoga
 7.30pm-9.00pm Inchoir

Monthly/fortnightly Wednesday events:

9th – 10.00am-12.00pm Pranic Healing
 16th - 7.30pm-9.30pm U3A World of Wine
 23rd – 2.00pm-4.00pm U3A Family History
 30th – 10.00am-12.00pm Pranic Healing
7.00pm-9.30pm Clive de Carle 'Get Healthy' Talk

On Thursdays

9.30am-10.30am Zumba Gold
 9.30am-12.00pm Tai Chi (*various classes*)
 10.00am-12.00pm Daisy Sew Workshop
 10.15am-11.15am Story Sock
 10.45am-11.30am Corinne's Pilates
 11.15pm-3.15pm Southdown
 1.00pm-5.00pm Crowborough Bridge Club
 6.15pm-7.15pm Kangoo Jumps (1st Monday of month)
 7.15pm – 8.15pm Kangoo Jumps (2nd Monday of month onwards)
 7.00pm-9.30pm MHG Dance Club
 7.15pm-8.45pm Claire Amos Yoga
 8.15pm-9.15pm Clubbercise (not 1st Monday of the month)

Monthly/fortnightly Thursday events:

3rd – 7.00pm-10.00pm Crow Flower Club
 10th – 10.30am-12.30pm U3A 2nd Crow Gardening
 2.00pm-3.30pm Arts Society Ashdown Forest

On Fridays

9.00am-10.30am	Claire Amos Yoga
9.15am-10.15am	Say It In French
9.30am-12.30pm	ACRES Soft Furnishings
10.00am-12.00pm	ACRES Italian for Beginners
1.45pm-4.45pm	Know Dementia Café
1.00pm-2.15pm	Strictly Ballet
7.00pm-11.00pm	Crowborough Bridge Club
6.30pm-11.00pm	Crowborough Chess Club

(Monthly/fortnightly Friday events)

4 th – 7.30pm-10.00pm	Crow Eve Townswomen Guild
7 th - 7.00pm-10.30pm	Pine Grove Pictures

On Saturdays

9.00am-11.00am	Weight Watchers
10.00am-1.00pm	The Diddy Drama Co

(Monthly/fortnightly Saturday events)

5 th - 7.30pm-11.00pm	Graham's Dances
10.00am-12.00pm	Groovi Parchment Workshop
11.45am-12.45pm	Baby Massage (2 mnth-non crawl)
12 th – 10.00am-12.00pm	Brahma Kumaris
7.30pm-11.00pm	Sir Dancealot
19 th - 7.30pm-12.00am	Top Hat

On Sundays

(Monthly/fortnightly Sunday events)

Events

The Guernsey Literary and Potato Peel Pie Society

Friday 7th at 8.00pm

In 1946 a London based writer begins exchanging letters with residents on the island of Guernsey, which was German occupied during WWII. Feeling compelled to visit the island, she starts to get a picture of what it was like during the occupation.

***Baby Massage and photos* ~ Saturday 5th**

11.45am-12.45pm ~ 2mnths to non-crawlers

In this workshop you will not only learn baby massage and some of its benefits, but also a professional photographer will be capturing these special moments for you to share with family and loved ones.

This particular workshop is for parents who are happy for photos also to be shared by Sandy from Kin2Skin (Baby Massage and Yoga) and Sam Yardley Photography to promote the benefits of baby massage.

For more details contact info@kin2skin.com

***Season's Art* ~ Wednesdays from 30th January**

10.00am-1.00pm or 2.00pm-5.00pm

This January we welcome back Luisa and her art class. This 12-week course explores 4 different media; pencil drawing and sketching, oil pastel painting and techniques, painting and blending with water colours and acrylics. The course is designed to be fun for absolute beginners who've never picked up a brush before through to Improvers – so ideal for all!

For more information contact 07920 444934

Clive de Carle 'Get Healthy' Talk

Wednesday 30th January, 7pm-9.30pm

Join Clive, an international health educator and discover how to overcome sickness and pain, be more in control of your health and reduce reliance on doctors and hospitals.

Tickets available at www.clivedecarle.com

Grove Park School Art Exhibition

11th January –

Grove Park School in Crowborough is a Special School for children from age 4-19yrs who have a wide range of learning needs and disabilities, and we are delighted to be sharing some of their artwork with you.

Don't Forget...

The Gallery Community Cafe

Brunch, lunch, coffee, teas and cakes!

9:30am - 3:00pm Monday - Friday

Can't find what you are looking for?

Or perhaps you want to start your own club?

Crowborough Community Centre is available for both private & business hire. Please speak to one of our Duty Managers for further details.

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Please note sessions can alter at any time