

## Coming up in February...

### Artists this Month

**Kay Carpenter ~ Reflections on Humanity and Nature**

1<sup>st</sup> February – 28<sup>th</sup> February

### Pine Grove Pictures

**Friday February 8<sup>th</sup>**

**The Post** (2017) 12A  
7.00pm, film starts at 8pm

**Pine Grove Extra  
Tuesday February 19<sup>th</sup>**

**I Got Life** (2017) 15  
7.30pm, film start at 8pm

Tickets from CCC, J&K Gallery or Online  
[www.pinegrovepictures.org.uk](http://www.pinegrovepictures.org.uk)

### Saturday Dances

From 7.30pm – 11.00pm

**2<sup>nd</sup> February Graham's Dances**  
**9<sup>th</sup> February Sir Dancealot**  
**23<sup>rd</sup> February Top Hat**

### On Mondays

8.15am-11.00am	Tai Chi ( <i>various classes</i> )
10.00am-12.00pm	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 ( <i>various classes</i> )
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
7.30pm-9.30pm	Crow Vale Craft Group
7.45pm-9.00pm	ACRES Belly Dancing
8.15pm-9.15pm	Clubbercise

#### Monthly/fortnightly Monday events:

4 <sup>th</sup> - 1.00pm-4.00pm	U3A Quilts
7.30pm-9.30pm	Crow Model Boat Club
18 <sup>th</sup> – 2.00pm-4.00pm	U3A Digital Photography
25 <sup>th</sup> – 2.00pm-4.00pm	U3A Jazz Appreciation
8.00pm-9.30pm	Fiction Addiction

### 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 ( <i>various classes</i> )
4.00pm-5.00pm	Ideal Performing Arts
4.00pm-7.00pm	Novis and Everitt Tutoring
7.30pm-10.00pm	MHG Dance Club
7.15pm-9.15pm	Fat Quarters Quilting
6.00pm-8.00pm	Pole Inspired

#### Monthly/fortnightly Tuesday events:

5 <sup>th</sup> – 2.00pm-4.00pm	U3A Local History
7.30pm-10.00pm	Crow Historical Society
12 <sup>th</sup> - 1.30pm-5.00pm	Crowborough Vale WI
19 <sup>th</sup> – 10.00am-12.30pm	U3A Science & Technology
<b>7.30pm-10.00pm</b>	<b>Pine Grove Extra</b>
26 <sup>th</sup> – 6.45pm-9.45pm	Crow Horticultural Society

### On Wednesdays

10.00am-1.00pm	Season's Art
10.00am-12.00am	ACRES Italian
10.00am-12.00pm	Tai Chi ( <i>various classes</i> )
10.30am-11.30am	Know Dementia Choir
2.00pm-4.30pm	Graham's Dances
2.00pm-5.00pm	Season's Art
4.00pm-7.00pm	Novis and Everitt Tutoring
6.45pm-9.00pm	Ashtanga/Vinyasa Yoga
7.00pm-9.00pm	Inchoir
7.00pm-9.00pm	Classical Drawing

#### Monthly/fortnightly Wednesday events:

20 <sup>th</sup> - 7.30pm-9.30pm	U3A World of Wine
<b>27<sup>th</sup> – 10.00am-12.00pm</b>	<b>Pranci Healing</b>
10.00am-12.00pm	East Sussex Hearing Resources
2.00pm-4.00pm	U3A Family History

### On Thursdays

9.30am-10.30am	Zumba Gold
9.30am-12.00pm	Tai Chi ( <i>various classes</i> )
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
4.00pm-7.00pm	Novis and Everitt Tutoring
4.30pm-5.45pm	Red Butler Musical School
6.15pm-7.15pm	Kangoo Jumps (1 <sup>st</sup> Monday)
7.15pm – 8.15pm	Kangoo Jumps (2 <sup>nd</sup> Monday of month onwards)
7.00pm-9.30pm	MHG Dance Club
7.15pm-8.45pm	Claire Amos Yoga
7.30pm-9.30pm	Crowborough Players
8.15pm-9.15pm	Clubbercise (not 1 <sup>st</sup> Monday)

#### Monthly/fortnightly Thursday events:

7 <sup>th</sup> – 7.00pm-10.00pm	Crow Flower Club
<b>6.00pm-7.00pm</b>	<b>Yoga Health &amp; Care Talk</b>
<b>14<sup>th</sup> – 10.30am-12.30pm</b>	<b>U3A 2<sup>nd</sup> Crow Gardening</b>
2.00pm-3.30pm	Arts Society Ashdown Forest
<b>6.00pm-7.00pm</b>	<b>Yoga Health &amp; Care Talk</b>

### On Fridays

9.00am-10.30am	Claire Amos Yoga
9.15am-10.15am	Say It In French
10.00am-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
4.30pm-5.30pm	Clubbercise
6.30pm-11.00pm	Crowborough Bridge Club
6.30pm-11.00pm	Crowborough Chess Club

*(Monthly/fortnightly Friday events)*

1 <sup>st</sup> – 7.30pm-10.00pm	Crow Eve Townswomen Guild
8 <sup>th</sup> - 7.00pm-10.30pm	<b>Pine Grove Pictures</b>
22 <sup>nd</sup> – 9.30am-11.30pm	U3A Gardening Group 1

### On Saturdays

9.00am-11.00am	Weight Watchers
10.00am-12.00pm	The Diddy Drama Co
10.00am-1.00pm	Novis and Everitt Tuition

*(Monthly/fortnightly Saturday events)*

2 <sup>nd</sup> – 10.00am-12.00pm	Brahma Kumaris
7.30pm-11.00pm	Graham's Dances
9 <sup>th</sup> - 7.30pm-11.00pm	Sir Dancealot
23 <sup>rd</sup> - 7.30pm-12.00am	Top Hat

### On Sundays

4.00pm-6.00pm	Crowborough Players
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*(Monthly/fortnightly Sunday events)*

### Events

#### *\*The Post\**

**Friday 7<sup>th</sup> at 8.00pm**

Katherine Graham, the first female publisher of a major American newspaper, The Washington Post, and her editor Ben Bradlee race to catch up with the New York Times to expose a massive cover-up of government secrets that spans three decades and four presidents! Staring Meryl Streep, Tom Hanks and Sarah Paulson.

#### *\*I Got Life\**

**Tuesday 19<sup>th</sup> at 8.00pm**

French subtitled film about a woman, separated from her husband, has lost her job and just found out she's to be a grandmother. She is slowly being pushed to the outskirts of society and then accidentally runs into the great love of her youth.

#### *\*Healthy Lifestyle Talks with Claire Amos\**

**7<sup>th</sup> & 14<sup>th</sup> February, 6.00pm-7.00pm**

Our regular Yoga teacher Claire is giving free one hour weekly talks for 6 weeks about healthier choices for a happier you. Come along and find out how the daily choices you make affect both your mind and body. Changes can be made but rarely happens overnight and takes some dedication. Join Claire as she shares her passion for a wellness/prevention model of health.

#### *\*Pranic Healing\**

**Wednesday 27<sup>th</sup> February, 10.30am-11.30am**

Join Jan Matthiasson for a regular once a month, one hour session and learn techniques to reduce stress, increase happiness, enhance focus and achieve calmness.

#### *\*Kay Carpenter ~Reflections on Humanity and Nature\**

**Throughout February**

Come along to the Gallery Community Café and see our very own Duty Manager and local artist, Kay Carpenter's exhibition throughout February. Kay works in a variety of mediums including watercolour, pencil and ink to capture her passion for nature and love of portrait drawing.

**Crowborough Heritage Group** display cabinet in our foyer houses Crowborough-related memorabilia, themes changing approximately every 2 months. The present display is all about Almshouses in the Crowborough area.

### *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\**