

## Regular Events Here at Treknow Village Hall

The following regular events take place here in the hall, please contact the event organiser for more information!

- YOGA** Tuesday evenings 6 – 7.30pm (weekly)  
Occasional days offered please call organiser directly  
Organiser: **Tracey Ellis** Contact Number: 07807 700087  
Or contact her through her Facebook page!
- PILATES** Tuesday mornings 9.15 – 10.15am (weekly)  
Organiser: **Hayley Potter** Contact Number: 07989 617396
- WOMENS  
MEDITATION** Thursday evenings 7 – 8.40pm (monthly)  
Organiser: **Sophie Bailey** Contact Number: 07897 501527
- TREKNOW  
GARDEN  
CLUB** See Notices on our notice board - Regular Meetings held.  
Or contact the Secretary on 07425176676
- TABLE  
TENNIS/  
CRAFTS** Wednesdays 2 – 5pm  
Organisers: Jenny/Stuart Patterson  
Email: [jenny@windhover.co.uk](mailto:jenny@windhover.co.uk)  
[stuart@windhover.co.uk](mailto:stuart@windhover.co.uk)

**ALSO:** **Book exchange available:** Just inside the porch!!  
Pop in, help yourself, bring back when you've read it!!

