



Monday 2 August

Family Martial Arts

5.30 – 8.00 pm Community Hall

These sessions are run by a qualified instructor and are suitable for all ages and experience. Come to the Community Hall to find out more.

Tuesday 3 August

Make new friends

10.00 am Terrace Restaurant

Would you like to meet new people, find a new interest or just meet for coffee? Drop into the Terrace Restaurant to find out more

Pilates

10.00 – 11.00 am Community Hall

This small friendly exercise group is ideal if you want to improve your fitness. A small charge is made for each session. If you are interested in joining drop into the Community Hall.

Chair Exercises

11.00 am – 12.00 pm Community Hall

Join our low impact exercise class. It's a great way to meet new people, have fun and strengthen muscles.

Falls Prevention Class

1.00 pm Exercise Room

This gentle exercise class aims to improve the balance of people aged 50 and over. For more information phone Tim Gill on **01792 635093**.

Family Yoga

6.30 – 8.30 pm Community Hall

Yoga routines incorporate slow, steady flexibility exercise that is suitable for all ages. This relaxed class is open to everyone.

Wednesday 4 August

Patchwork Class

9.00 am Craft & Hobbies Room

This class is open to everyone and new members are always welcome. If you like making patchwork or would like to learn how to do it come to the Craft & Hobbies Room and have a chat with the group leader.

Walk, Talk and Tea

11.30 am Meet at Reception

Come along for an accompanied group walk. Chat and make new friends while getting some gentle exercise, then back to the Terrace Restaurant for tea or coffee.

Wednesday 4 August continued

Family Martial Arts.

5.30 – 8.00 pm Community Hall

These sessions are run by a qualified instructor and are suitable for all ages and experience. Drop into the Community Hall to find out more.

Thursday 5 August

Yoga

5.00 – 8.30 pm Exercise Room

Yoga routines incorporate slow, steady flexibility exercise that is suitable for all ages. This relaxed class is open to everyone.

Friday 6 August

Tai Chi

9.00 am Exercise Room

Tai Chi is for all ages so why not join the class for some gentle exercise. The charge is £3.00 per session with a qualified instructor.

Pilates

9.30 – 10.30 am Community Hall

A qualified tutor leads this Pilates group and all are welcome to join. If you are interested in joining the group come to the Community Hall to find out more.

Informal Art Group

1.00 – 5.00 pm Craft & Hobbies Room

This group is open to anyone who would like to paint or draw in the peaceful company of fellow artists. There is no formal structure to the sessions and no tuition.

Saturday 7 August

Artful Dodgers Art Group

2.00 pm Craft & Hobbies Room

If you are interested in painting and would enjoy the company of fellow artists for a few hours on Saturday afternoon why not come to the Craft & Hobbies Room and have a chat with the members.

Scrabble & Games Club

2.30 – 5.00 pm Community Hall

Join friends and neighbours to play board games. All are welcome.

Saturday Night Bingo

7.30 pm Community Hall

Saturday night is Bingo night at Hazel Court. The evening is all about fun and friendship. You might be lucky and win a prize.

Sunday 8 August

Parklands Church Youth Group

11.30 am Community Hall

Young people do not have to be church members to join this group. If you know someone who might be interested they could drop in on Sunday and speak to Keefe, who is the group leader.

Dates for Your Diary

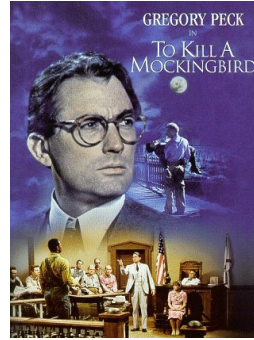
9 August 2010

Hazel Court Cinema Club

1.30 pm Exercise Room

To Kill a Mockingbird

It is 50 years since the publication of the Pulitzer Prize-winning novel To Kill a Mocking Bird written by Harper Lee. To mark the anniversary we are showing the film based on the novel. It stars Gregory Peck as Atticus Finch, an Alabama lawyer and widower father of two, who defends a black man wrongfully accused of the rape and assault of a young white woman. The film is set against a backdrop of racism and prejudice in the American South during the 1930s. There is no charge for the Cinema Club.



19 August 2010

The Nostalgia Show with Rob Pendry

2.00 pm Community Hall

Everyone who came to the Nostalgia Show in April thoroughly enjoyed themselves so we've asked Rob back to do another show. Join us and enjoy Classic Songs you'll know and love from the 40's, 50's and 60's! Tickets for the show cost £1.00 and will be on sale at the Hazel Court Reception Desk from Monday 2 August 2010.



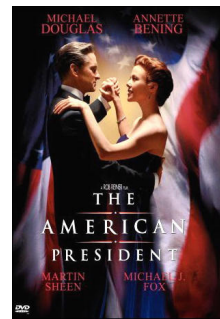
6 September 2010

Hazel Court Cinema Club

1.30 pm Exercise Room

The American President

The September film is a romantic comedy starring Michael Douglas as President Andrew Shepherd and Annette Bening as Sydney Ellen Wade. Andrew Shepherd, a liberal Democrat, is just gearing up for re-election when he meets an environmental lobbyist named Sydney Ellen Wade. The two fall in love and the President must soon deal with the political repercussions. There is no charge for the Cinema Club.



7 September 2010

Charity Table Top Sale

4.00 – 7.00 pm Community Hall

Macmillan Cancer Support is holding a Table Top Sale to raise funds for the Charity. The Sale will feature a wide range of donated, good quality goods and all money raised will go directly to the Charity. If you have any unwanted items that you want to donate phone Sue on **01792 428 423**. Please do not contact the Hazel Court Reception Desk about donations. Thank you.

**MACMILLAN.
CANCER SUPPORT**

Out and About in Swansea

Singleton Botanical Gardens. Singleton Park

Band Concerts

1 – 31 August. Sundays 3.00 – 5.00 pm

Relax in the beautiful surroundings of the gardens whilst being entertained by some of Swansea's finest bands.

Bands throughout August

Sunday 8 - City of Swansea Concert Band

Sunday 15 - Swansea Accordion Orchestra

Sunday 22 - Constellation Big Band

Sunday 29 - P A Big Band

There is no charge for the Concerts

Plant sales

Saturdays 10.00am – 2.00pm

The extremely popular plant sales, organised by the Friends of the Botanics, offer a great opportunity to purchase high quality, locally grown plants at competitive prices. Free admission.

Mumbles Foreshore

Mumbles Raft Race

15 August 11.00 am

This is the 26th Raft Race and as last year is being held in support of the "Money for Mumbles" fund raising campaign. The Mumbles lifeboat crew are endeavouring to raise £150,000 over three years towards the cost of the replacement (Tamar Class) lifeboat due for the Mumbles in 2012.

Swansea Museum

Summer Craft Fair

Saturday 21 and Sunday 22 August

An opportunity to see many local crafts-persons presenting their unique wares for sale at Swansea Museum – everything from stained glass, woodworking, painting, wool-work and jewellery, along with much more.

friendship

Activities and events at Hazel Court are open to tenants and people from the community.

enjoy!