

# **The Frank Bond Centre**

84 Mountway Road, Bishop's Hull

## **PROGRAMME**

### **Monday**

Painting 10 am – 12 noon

Whist 2pm – 4pm

Coffee Mornings (3<sup>rd</sup> Monday)

Family History 2 pm - 4 pm ( 1<sup>st</sup> Monday)

### **Tuesday**

Games including croquet (am WI)

### **Wednesday**

Music and Movement 10 am – 12 noon

Tai Chi 1pm - 2pm In church hall

Serendipity 2 pm – 4 pm, 3<sup>rd</sup> Wednesday U3A

Music Circle 2 pm – 4 pm, Last Wednesday U3A

Film Afternoon 2pm for 2 30, 2<sup>nd</sup> Wednesday

### **Thursday**

German 10 am - 12 noon

Lunch 3<sup>rd</sup> Thursday

Bingo 7pm

### **Friday**

Frank's Café 9 am - 11 am

Computer Groups, am 10 -12 noon 1 30 -3 30

Please come along and see what happens.

Try out a session.

All enquiries re bookings should be made to

Molly Burgess telephone 01823 331043

Email kenmoll@eclipse.co.uk

(U3A = University of the Third Age )

## **The Frank Bond Centre**

**Every Friday**

**Frank's Café**

**9 am till 11 am**

**Coffee, teas, light breakfasts**

**ALL WELCOME**

Monthly Film Afternoons (2nd Wednesdays)

Monthly lunches (3<sup>rd</sup> Thursdays) £5 a head

## **Other special dates for your diary**

**Annual Open Day 9<sup>th</sup> May 2008**

**Teas coffees and lunch available**

**Donations only.**

**17<sup>th</sup> June Thespians Summer Production**

**" The Rivals" - Sheridan**

**21<sup>st</sup> - 29<sup>th</sup> June Various Bells Week Activities**

**20<sup>th</sup> July Tai Chi 10- 12 :Yoga 2-4**

**All combined with a**

**Complementary Medicine Taster Day**

**8<sup>th</sup> August Jazz Night**

**with Barbecue**

