

What's On

Your monthly round up of what's
on at Ingatestone Community Centre



November 2024

WED 06	2PM	Fryerning WI meeting Contact 01245 382233
SAT 09	10AM - 4PM	Artisan Ingatestone Winter Market Indie businesses, unique artisan products, live music, High Street activities Contact artisaningatestone@gmail.com
SUN 10	7.15PM	Sound Bath Hypnosis For more information contact www.the-wellproject.co.uk/soundxhypnosis
THUR 14	2PM	IFCA Bingo £8 IFCA Members / £10 Non-Members Contact 01277 352064 / welcome@ifcc.org.uk
WED 20	7PM	The Arts Society. Chloe Sayer "Christmas and other festivals in modern Mexico" Contact 01277 356634 / www.tasbd.org.uk
THUR 21	2:30PM Doors 2PM	Ingatestone Community Cinema The Wind That Shakes The Barley Contact 01277 352064 / welcome@ifcc.org.uk
FRI 22 - SUN 24	Various	Young Expressions Panto - Snow White www.ticketsource.co.uk/young-expressions
SAT 30	10AM - 12.30	St Edmund and St Mary's Church Christmas Bazaar Raffles, tombola, cakes, treats, savouries, gifts and more!

Weekly Classes & Events

MON 10-11AM	Zumba Contact 07802443018
MON 6 - 6.45PM	Power Hoop (no class 18th) Contact 07855 023279
MON 7 - 8 PM	Aerobics (no class 18th) Contact 07935 232495
TUES 10-12NOON	Coffee Morning 01277 352064 / welcome@ifcc.org.uk
WEDS 10AM- 12.15PM	Seated Yoga Perfect for anyone including those with mobility issues - samgoldenyoga@btinternet.com
WEDS 7 - 8 PM	Aerobics (no class 20th) Contact 07935 232495
THURS 12 - 1.30PM	Over 60's Lunch - Two courses £10 01277 352064
FRI 9.30-10.30AM	Pilates www.simplypowerpilates.co.uk / 07861 711678
FRI 12.45-2.45PM	The Sound Collective Choir (22nd at Fryerning Parish Room) www.thesoundcollective.co.uk / 07889 248620
SAT 09.30AM - 1PM	LC Dance (no class 9th. 23rd & 30th at Fryerning Parish Room) Inclusive dance school for ages 4 - 16+ www.LCDance.co.uk / 07534 997323