

July 2018

Regular Activities			
Day	Time	Activity	Venue
Mon-Fri	9.30-12.30	Pulhams Pre School - Contact Sarah Weller 07752878612 BREAK UP ON THE 24TH JULY	Mem. Hall
Wed & Thur	12.30-3.30	Pulhams Pre School–FULL DAY SESSIONS Contact Sarah Weller 07752878612 BREAK UP ON THE 24TH JULY	Mem. Hall
Mon 2 nd , 9 th , 16 th & 23 rd	17.00 18.15	Rainbows– Anouska Hack Pulham 1st Brownies – Anouska Hack	Mem Hall Mem Hall
Tue	10.15	Excell 2000 - over 60s exercise class	Meth. Srm
Tues 10 th , 24 th & 31 st	14.00	Pulham Orchestra - Contact – Mrs Jean Bishop on 01603 720586	Mem. Hall
Tue 3 rd , 10 th , 17 th , 24 th & 31 st	18.15-19.15	New to Yoga, Beginners class British Wheel of Yoga Teacher Rosie Evans 07714347982 www.rosieevansyoga.co.uk	Mem Hall Main Hall
Tue As above	19.30-2100	Yoga - British Wheel of Yoga Teacher Rosie Evans 07714347982 www.rosieevansyoga.co.uk	Mem Hall Main Hall
Wed	10.00	Open House/Coffee/Chat	Meth. Srm
Fri 6 th , 13 th , 20 th & 27 th	14.00	Carpet Bowls Carole Smith - 01379 608680	Mem Hall
		The Parish Signpost The Parish Signpost is having a short break, for any urgent help needed please contact Rev Norman Steer on 01379 854245. Pulham Market Parochial Church Council	
July Activities			
Sun	8 th	AM	All Age Worship Mem Hall
Mon	9 th	7.30pm	Pulham Market Parish Council –Everyone Welcome Mem Hall
Sat	14 th	19.00	Country Gold – Country Music Club Doors Open 7pm, music 8pm Call 07880995199/07545166760 Mem Hall
Tues	17 th	PM	Pulham Surgery Support Group Mem Hall

Free Publicity for your Event!

To advertise your event in this diary, send full details (date, time, venue, speaker and theme) by email to clerk@pulham-market.co.uk by 12th of preceding month. (Alternatively post details to Clare Crane, Parish Clerk, Sixmill Green, Colegate End Road, Pulham Market). You can also insert a flyer into the diary which will go to every household in Pulham Market - 440 to be delivered to the parish clerk by 20th of preceding month (call 01379 608590 to arrange).