



The Inner Wheel Club of Frodsham & Helsby are putting on another great charity event on Saturday 23rd February at 7.30pm with all proceeds in aid of Frodsham Community Association.

This is "The Ultimate Dress to Impress Dinner with Entertainment". So Ladies it's time to put on those dazzling dresses and gents to don your D-J's.

Live band, entertainment, dancing and, Frodsham's very own OSCAR Awards. Ticket price, £30 per person. The event will be held at The Centre – where else?

Please support this fabulous charity event and help raise as much money as we can for "Your local Community Centre".

Tickets are available at The Centre or by calling 07840 634213.

## Welcome to Tai Chi

Tai chi is a low impact exercise fit for everyone! It is a series of slow movements which are kind to your joints and muscles; this is combined with relaxation and deep breathing exercises.

Tai chi encourages the mind and body to work in harmony and has many benefits overall such as reducing stress levels and improving overall posture and balance. It is beneficial to people who are wanting to raise their activity levels gently and gradually.

If you are interested or wish to find out more there is a Tai Chi Beginners class at The Centre every Friday at 1-2pm.

To book a place call Peter on 07958286068 or alternatively email Peter on [petertam1280@gmail.com](mailto:petertam1280@gmail.com)

Comfortable clothing and shoes should be worn to the sessions  
Cost of lessons - £20 pay monthly fee (4 lessons)

## Frodsham Music and Arts Club



Established 1943 Registered Charity Number 1173654

### A Celebration Year

Founded in 1943 to provide entertainment for people living in Frodsham, and who were unable to get to concert venues in Manchester and Liverpool during the war, the Music & Arts Club is celebrating its 75th Anniversary continuing its tradition of high quality music.

The club meets once a month on a Friday evening from September to May at 7.45pm and offers a varied programme of music and entertainment, ranging from classical, jazz and choral and everything in between!



On Friday 15 February, Frodsham Music & Arts Club has just the ticket to banish the winter blues! The Cheshire Chord Company, an award winning ladies a capella chorus based in Warrington, will be on stage. The group specialise in exciting high energy performances with an amazing range of songs and styles from ballads to jazz; pop to barbershop. It's sure to entertain you and it's right here in Frodsham!

Do come along and join us. £15 for a year's membership; £10 for one concert. A warm welcome awaits.



A group met at the end of January to discuss some ideas for 'The Centre at 50' Celebrations and we will be counting on you all to get involved.

Do keep the dates free to join us.  
4th, 5th and 6th October

### 200 Club Winners February '19

No 38	Mrs T Slator	£50.00
No 39	Mr T Buckler	£25.00
No 159	Mrs G Hesketh	£15.00
No 29	Mrs S Aukland	£15.00

## Didn't They Do Well?

Playing to weekend sellout performances, Ali Baba and the Forty Thieves, this year's Frodsham Panto, continued the long tradition of Panto at the Community Centre.



It didn't disappoint with the anticipated mix of song, dance & slapstick. The lead vocals were strong as were the dancing, acting and comic turns. Ali & co were well supported by the ~40 strong chorus of Thieves who filled the stage with movement, colour and enthusiasm. The performances, wrapped up in lots of audience participation, deserve a huge round of applause.

## IMPORTANT NOTICES.

If you are a regular user of The Centre you will know how busy it gets and how much rubbish accumulates! It has come to the point that the big bin at the back of the building is often overflowing and a second bin would be very costly.

We are therefore asking everyone if they will please remove as much of their own rubbish as possible and especially plastic bottles and cans that we do not have the facilities to recycle. Food waste must be removed at the end of your function/meeting.

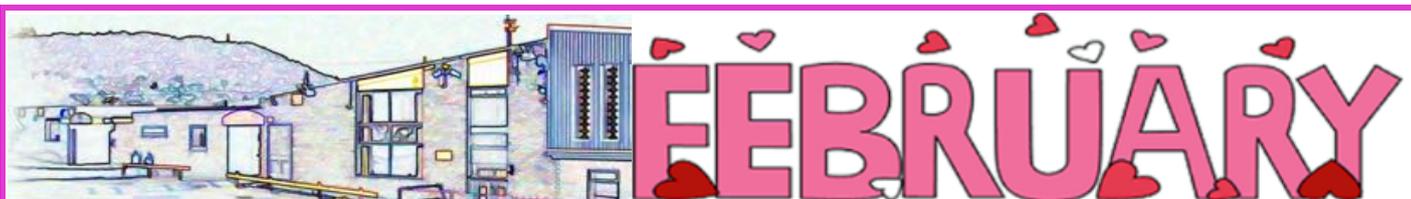


**The Centre Car Park is private and for the benefit of Centre users only.**

When the Centre is busy every space is required for anyone visiting The Centre for shows, meeting or functions. Overflow parking on the streets is not very neighbourly.

It is apparent that a few people are leaving cars on the car park to go into town or visit local businesses causing inconvenience to Centre users.

The car park is an important asset to the business of The Centre so please park respectfully.



# Frodsham Community Centre

Fluin Lane, Frodsham WA6 7QN

01928 732222

centre.frodcomm.org.uk

Friday 1<sup>st</sup> to  
Sunday 3<sup>rd</sup>

**Frodsham Chess Club**

***Weekend Chess  
Congress***

patrick.ridley@  
ntlworld.com  
01928 719787

Thursday 7<sup>th</sup>  
7.30pm

**Women's Institute**

***Opal Services -  
Enriching the Lives of  
Older people***

Jane Corville

01928 732340  
frodshamwi.co.uk

Saturday 9<sup>th</sup>  
7.30pm

**Film Society**

***Paddington 2***

01928 722554

Wednesday 13<sup>th</sup>  
7.30pm

**Evening Flower Club**

***Kimonos and Ikebana***

Keiko Gordon

01606 889991

Wednesday 13<sup>th</sup>  
7.45pm

**Natural History  
Society**

***The Enchantment of the  
Galapagos***

Russ Hedley

01928 725040

Friday 15<sup>th</sup>  
7.45pm

**Music & Arts Club**

***Highlighting Harmonies***

Cheshire Chord Company

01928 890773

Tuesday 19<sup>th</sup>  
7.30pm

**Townswomen's Guild**

***Medieval Feasting***

Lynn Smith

01928 733061

Wednesday 20<sup>th</sup>  
7.30pm

**National Trust**

***Eaton Hall Sundials***

Mike Shaw

01928 497029

Thursday 21<sup>st</sup>  
2.00pm

**U3A**

***AGM***

01928 732310  
search 'Frodsham U3A

Saturday 23<sup>rd</sup>  
7.30pm

**Frodsham & Helsby  
Inner Wheel**

***A Night at the Oscars***

01928 634213

Monday 25<sup>th</sup>  
7.30pm

**Gardening Club**

***Propagation***

Richard Lewis

frodshamgardeningclub.  
org

Thursday 28<sup>th</sup>  
1.45pm

**Afternoon Flower Club**

***Garden Party***

Karen Schofield

01928 732313  
s.walne@btopenworld.c  
om