

STRETCH AND RELAX

Join Katie for a mix of stretch, yoga & pilates style exercises, finishing with a short meditation/ relaxation. A great way to gently move the body and refresh the mind

EVERY TUESDAY

5:00PM-5:45PM

AT FALCON LODGE

COMMUNITY HUB

Last session is on Tuesday 26th of September

Falcon Lodge Community Hub
Churchill Road, Sutton Coldfield,
B75 7LB Tel: 0121 329 2055

For information
please contact
Katie on
07592071889



Free!



Falcon Lodge Over Actives

Friendly group for those
who love to play bowls or
would like to learn how.



Tea & coffee
available!!

We also play cards too!

Please feel free to pop along to Falcon
Lodge Community Hub on a Monday
12:30-2:30pm



FoodCycle Falcon Lodge

Come and enjoy company and conversation with others from your local area over a delicious meal, prepared with care by FoodCycle volunteers.

No charge required.

Falcon Lodge Community Hub,
Churchill Road Sutton Coldfield
B75 7LB

Every Monday at 3:30pm

Falcon Lodge Pantry Shop

Falcon Lodge Pantry is now open every Tuesday from 6:15pm until 8:15pm and Friday 1:00pm until 3:00pm at The Falcon Lodge Community Hub

Just drop-in to become a member for £1 a year and a tray of fruit, vegetables, bakery and dairy basics for £3
(Some items are subject to availability)

In addition, you will be able to purchase other food and non-food items, and household and hygiene products at low prices. There will also be seasonal items at times to help make your budget go a bit further.

**Affordability
in the
Community**



**Fighting
Food
Waste**

Contact Tracey for more details: 0789 464 4572



MEET YOUR INSTRUCTOR

Mrs Collett

Mrs Collett has been practising Tae Kwon do for over 20 years. She has won many international and National level titles in patterns, sparring and destruction and special techniques making her an exceptional all round practitioner. She is part of the GTUK England Coaching team, ladies team Captain and part of the GTUK Technical teaching team.



TUESDAYS

Plantsbrook High School, B72 1RB

6-7pm
Beginners (all ages)

7pm -8pm
Blue tags upwards (all ages)

8pm-8.30pm
Additional training for red tags upwards



FRIDAYS

Falcon Lodge Community Centre, B75 7LB

6pm -7pm
All grades - including beginners (aged 5-12)

7pm -7.30pm
Competition Preparation

7.30pm - 8.30pm
All grades - including beginners (Age 12 +)

8.30pm - 9pm
Additional training for red tags upwards

« Qualified Instructing Team » « First Aid Trained » « DBS Checked » « Fully Insured » « Child Protection in place »

Contact: Mrs Emma Collett 07955772483 SCTKD@hotmail.com



LAUREN CHARLOTTE



FIRST LESSON FREE!

Dance Academy

EVERY THURSDAY

FUN & FRIENDLY DANCE LESSONS WITH SHOWS THROUGHOUT THE YEAR. NO DANCE EXPERIENCE NEEDED.

AGE 2-5 6-6.30PM
£4.50

AGE 6-10 6.30-7.15PM
£5.50

AGE 11+ 7.15-8PM
£5.50

FALCON LODGE COMMUNITY CENTRE, SUTTON COLDFIELD