



## Townshend Newsletter

# November and December 2021

### A Happy Christmas Townshend!

Our Village hall is back up and running as normal. Hooray!!!  
You can check what is going on by logging onto our website  
[www.townshendvillagehall.co.uk](http://www.townshendvillagehall.co.uk)

Ideas or suggestions for events or activities we could run in the hall are always welcome. If anyone would like to join the committee to help with the hall or to organise events please get in touch with Sarah on [sarah@davidchapman.org.uk](mailto:sarah@davidchapman.org.uk)  
We need some volunteers to come along and help.



### Christmas Party

**Sunday 19th December between 4pm and 7pm**

Everyone is really welcome.



Please consider coming along and meeting people in the village. We will be singing carols, sharing food and enjoying Christmas Spirit. Please bring along a plate of food to share. There is no charge, but we will be putting out a pot for donations which will go towards the upkeep of the hall.

### Christmas Cheer

The lights will be lit outside the Village Hall. The village has no other Christmas lighting so maybe someone would like to organise this so that the village has lights in the future? We could have a chat at the Christmas Party. This year any cheerful window displays or lights outside your house will be great.

## Bunting



Thank-you to everyone who contributed to the hall bunting—it looks fabulous! A lot of people donated materials or pieces of bunting to make this happen. Lots of the Hall's user groups have already commented on how great it looks. Thank you.

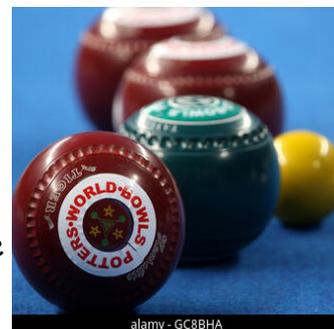
## Bowls

We have begun playing in the Winter League but with only one team, the 'Bucks' at present. The team is doing very well and is joint top of Div 1.

The Friday evening

### **Fun Bowling Sessions**

begin on Friday  
26th November at  
7pm to 9ish. All are  
welcome to attend.



alamy - GC8BHA

## New to the Village Hall—Yoga with Jennie

Join Jennie for dynamic and soulful 'vinyasa' yoga classes in a small and friendly group. You do not have to be super-flexible or able to stand on your head to come to this class. The true benefit of yoga is in the release you feel after practising, calm mind and energised body.

We link our movement to our breath, flowing from pose to pose as we build strength, stamina and stability from the inside out. We then move into the more relaxing part of our practice and finally round it off with some breathing exercises and meditation.

Beginners are very welcome, suitable for all levels and abilities. Come and give it a try. Every Wednesday at 7am and 9.30am and Saturdays at 9.30am in Townshend Village Hall. 75 minutes, £8 per class. Block booking is available however booking is essential. For more information or to book your space, please text Jennie on 07818763281

## Film Club

Films are shown monthly on the 3rd Saturday of the month—the next film will be on 15th January. These evenings are only open to all members of C-Fylm. Becoming a member entitles you to visit any of the films shown anywhere in Cornwall. To join and to keep up-to-date with films showing, contact Sarah Lane on 01736 850933 and check our web site to see what is coming up.

## Things to do in the Hall

Try Qi-Gong, with John Barber—Mondays 10 to 11am.

The Dance Group—organised by the visual impaired but is open to all. On alternate Thursdays at 2pm cost of £3. Next sessions on 25th Nov and 9th Dec