

Something for Everyone

November—December 2016

A community Newsletter produced by the Rainbow Centre in Penley for the surrounding areas.

The Rainbow Centre offers services and activities to the whole community of Penley and its surrounding villages. Our aim is to improve the health and well-being of our rural community. We provide support, services and facilities that can empower people of all ages. Visit our website for more information: www.rainbowcentrepemley.org.uk or call 01948 830730

Rainbow Centre Penley

CHRISTMAS FAIR

Friday 9th
December
3.30pm—7.30pm
Rainbow Centre



Penley Art Group meet every Tuesday 10am until 12pm at the Rainbow Centre £5 per session. If you would like to join us just turn up or for more information call 01948 830730 or visit our website

Monthly Social Outings

Thursday 17th
November—Cheshire Oaks Christmas Shopping
Thursday 8th
December— Meal in Shrewsbury

Pick up from 9.30. If you can make your way to the centre that will be a great help. Don't worry we can also pick you up direct from your door **COST** for transport will be £10 per person per outing Please contact Jane to book a space on 01948 830730

Rainbow Centre, Whitchurch Road, PENLEY, Wrexham LL13 0GB. Sat. Nav. Use LL13 0LH. Tel: 01948 830730

WWW.RAINBOWCENTREPENLEY.ORG.UK



Rainbow Centre

CHRISTMAS BINGO



2016

Come along on

Tuesday 13th December Christmas Bingo

Cash and prizes to be won.

Main flyer £50 Cash prize

& Christmas Prize Raffle

Doors open **7pm** Starts at **7.30pm**

Tea and coffee will be available or you are welcome to bring your own alcohol

Whitchurch Road, Wrexham, LL13 0GB Sat nav. LL13 0LH

Tel: 01948 830730

Reg. Charity No. 1100479

Lunch & Learn

at the **Rainbow Centre** 1st Thursday of the Month
1st December

Needle felting Elves with Coral



5th January 2017

Pin & Yarn Art with Rebecca



10.30 – 2.30pm £15 to include activity, lunch & refreshments.

To book call 01948 830730

Penley Rainbow Centre

Day Care Services

Serving our rural communities of
Wrexham Borough and Shropshire



Open Monday, Tuesday, Wednesday and Friday
10.00am-4.00pm Transport can be provided.

A safe and friendly environment in which to spend the day, make new friends and learn new skills. Enjoy a freshly cooked meal. Pick up by the centres mini bus and taken home at the end of each day. For an informal chat please contact **Geraldine Vaughan on 01948 830730**

International Older Person Day

We celebrated on 1st of October by having a Tea Dance at the Rainbow Centre which was funded by the Wrexham County Borough Council. Thank you to the singing farmer and all who attended the day.



Penley Art Group had a great success with their first Art Exhibition. Well done and

congratulations.
If you would like to join the group we meet on Tuesday 10—12 at the Rainbow Centre



Maelor Belles WI: Friday November 11th The Nights Sky Enjoy an evening of Star Gazing with an informative talk by Rachel Harris, warm clothes recommended. Competition - Night sky related Members & Children FREE Visitors £5
Wednesday December 14th Its Christmas - food & Games. Competition - Christmas object! Members FREE Visitors £5

Sewing Group **Mondays**

10am—12.30pm

Rainbow Centre, Penley

£4.50 per session

Different projects every week with a qualified Seamstress.

Inc. dress making & patterns



Please bring any material or old clothes you would like to transform

Singing for a Healthier life



Singing improves breathing and significantly strengthens the lungs

1st Monday of the month with Ruth Moore

Starting Monday 4th July 1.30pm –3.00 Pm

Different themes every month

£2.50 per person

which includes coffee/tea & biscuits

Singing daily for at least ten minutes reduces stress, clears sinuses, improves posture, and can even help you live longer.

Singing improves health and happiness. Studies have found that singing releases antibodies that fight germs and bacteria which reduces stress and anxiety.



Rainbow Centre, Whitworth Road, Penley, Wrexham, LL13 0GE
 Registered Charity Number: 1106470
 Telephone: 01948 830730
 Email: admin@penleyrainbowcentre.co.uk
 www.rainbowcentrepenley.org.uk



Knit, Natter & Crochet

Every Wednesday

10am-12pm. All ages and abilities welcome. The group can teach you how to knit & crochet or you can just bring along any project you are working on and socialise. £2.00 to include refreshments.

Contact Jane for more information on 01948 830730, or

Room Hire

Birthday Parties, Meetings, Anniversaries, Christenings, Funerals and even Weddings

We have a large multi- function room available for hire. Along with a smaller room and the kitchen if required.

Please contact us for more details 01948 830730 or email admin@penleyrainbowcentre.co.uk

Room Hire Charges

Multi-function room with 6 tables and chairs. Up to 4 hours £35 plus deposit. Over 4 hours £50 plus deposit. Plates & Cutlery £15. Additional Tables & Chairs £15. Deposit - A refundable deposit of £15 (under four hours hire) or £30 (over four hours hire) is required on top of the room hire charges. If any damage is caused to the building or contents your



Wednesday 1.30pm-2.30pm

Rainbow Centre, Penley

Pilate's classes for everyone & anybody!

- Strengthens and lengthens the core muscles which improves posture
- Mobilises the joints which improves quality of movement

£5 per session or 6 sessions for £27

ZUMBA

Every Monday Night 7.30 pm £5.00 per session

For more information call Tracey on 07739430539 or Sheila on 07989707692

Qi Gong A Taste of Tai Chi

Every Thursday 7.30pm—9.00pm

Or visit our website £5 per session

Contact linda.hallett@btinternet.com

DRU YOGA

A graceful and potent form of yoga based on the flowing of movement. Contact Trixi for more info. on 01691 623829 Tuesday 7 –8.30pm (except 2nd Tuesday of the month) £7 Concessions £5

Karate Every **Tuesday** 7pm – 8.30pm Age 5 to Adult. £2.50 per session

Hairdressing is available on a Wednesday morning. Kerry has been hairdressing for over 22 years and is also available in your own home. To book call Kerry On **01978 780854** **Competitive**

Beauty & Holistic Treatments available on week days. Wendy Harrison BABTAC. Qualified for over 10 years Wendy offers various treatments. Call 07717534658 to book an appointment. For a full list of treatments please see our website or visit Facebook: Wendy Harrison beauty treatment. **07717534658** Wendy Harrison Beauty Salon. **Competitive**



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Tel:01948 830730 Reg. Charity No. 1100479

www.rainbowcentrepnley.org.uk



The café serves a selection of hot and cold foods freshly made using



locally sourced produce. Our menu includes homemade cakes, sandwiches, jacket potatoes, light bites, cooked breakfasts and breakfast baps. We also sell an assortment of freshly ground coffees including lattes, cappuccinos, mochas, various teas and Hot Chocolate. From November 1st Our prices will increase as we are no longer subsidised

Opening Hours
Monday 10am till 2pm
Tuesday to Friday 9am till 3pm

Get Gaz & Leccy under control.

Ask your energy supplier about getting a smart meter at no extra cost.

For further information come and have a chat on Tuesday 6th December 10 till 12 at Rainbow Centre Penley or call 01948 830730

Rainbow Centre For more information visit smartenergyGB.org

SMART energy GB The voice of the smart meter rollout