

THE COLDRIDGE CALENDAR

EDITOR: John W Smith, Rockfield, Coldridge, EX17 6AX: Email: biggles1047@gmail.com

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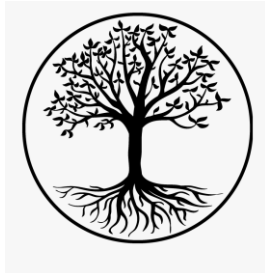
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Our Tariff (for return trips) is as follows:

Bow:	£4.00
North Tawton:	£4.00
Winkleigh:	£3.50
Chulmleigh:	£6.00
Crediton:	£7.00
Okehampton:	£10.00
Exeter:	£15.00
Barnstaple:	£17.00

To book a trip or to join the team (we are always looking to recruit new drivers), please contact:

John Smith on 01363 83436 or email: biggles1047@gmail.com

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EDITOR'S NOTES

Copy Deadline for the **MARCH** issue is **Sunday, 19th FEBRUARY**

Please make sure that I have all your stuff for our March issue, in **WORD** or **JPEG** format (attachment only please) **by this date at the latest.**

Many thanks;

John W Smith (Editor)

Tel: 01363 83436

Email: biggles1047@gmail.com

DIARY OF EVENTS FOR FEBRUARY:

Wednesday, 1st

2.30pm: HALL: "SUNSHINE SINGING"

Thursday, 2nd

7.00 – 10.00pm: HALL **Senior Table Tennis**

Friday, 3rd

7.00 for 7.30pm: HALL **FILM "The Lost King"**. Bar and Social Night

Saturday, 4th:

2.00pm: HALL **Six Nations Rugby**

Monday, 6th

2.30pm to 4.00pm: **CHURCH CAFÉ**
5.00pm: HALL: **TAI CHI**

Wednesday, 8th

2.00pm: HALL **QUILTING**

Friday, 10th:

7.00pm: HALL **The Coldridge Arms**

Sunday, 12th

10.30am: CHURCH **MORNING PRAYER**
2.30pm: HALL **Six Nations Rugby**

Monday, 13th

5.00pm: HALL **TAI CHI**
7.30pm: HALL **GARDENING CLUB**

Thursday, 16th

2.15-3.00pm: **MOBILE LIBRARY**
7.00pm: HALL **Senior Table Tennis**

Sunday, 19th

10.30am: CHURCH: **HOLY COMMUNION**

Monday, 20th

5.00pm: HALL **TAI CHI**

Wednesday 22nd

ASH WEDNESDAY (Church Service TBC)

Thursday 23rd

10.00am-3.30pm: HALL **COLDRIDGE CAFÉ**

Saturday, 25th

4.30pm: HALL **Six Nations Rugby**

Monday, 27th

5.00pm: HALL **TAI CHI**

.....



Here's a golden opportunity for you to sing for the joy of singing - not the hard work of a choir but singing for sheer enjoyment. With many great benefits, both

mental health and physical, not to mention the social engagement with others, these informal singing sessions are aimed at keeping your brain active in a lighthearted, enjoyable way.

For just £3 per session, come along to Sunshine Singing sessions in the Village Hall, on the first Wednesday of each month at 2.30pm to enjoy singing for fun and community spirit. No standard required

and the price includes afternoon refreshments. Please contact Rachel on 07795 511685 or at sunshinesinging23@gmail.com if you would like more information or would like to register to come along. **Our first session will be on the 1st of February.**

COLDRIDGE PARISH CAROL SINGERS

Thank you to everyone who contributed to the Carol Singers who travelled around the Parish on 23rd December 2022. Your generous donations raised a fantastic £400 which has been sent to Children's Hospice South West. Thanks also for the hospitality provided before and after the event, and for the chocolates on the way around that kept us going! Well done and thanks to all those who took part!

Marion Born



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FIRE SAFETY CHECKS FOR YOUR HOME AND FAMILY:

Devon and Somerset Fire service offer a free fire safety check to any household which fits one of the following categories:

- **Children under 18**
- **Over 65's**
- **Anyone with a disability, mobility issues or sensory loss**
- **Anyone who smokes or lives alone**
- **Anyone in thatched property**
- **Any other vulnerable people**

Call them on 0800 05 02 999 or visit firekills@dsfire.gov.uk

We had a visit this week which reassured us that we were taking the correct precautions. If we ever caught fire they would send 8 fire appliances.

This may save your life!
Keyth Richardson

QUILTING CLUB:

We are looking for new members! No experience of Quilting is necessary, but you do need a sewing machine.

We meet on the 2nd Wednesday of every month, in the Village Hall, from 2.00pm to 4.30pm. We are a small but keen and very friendly group, under the expert guidance of Margaret Burrows. Men are especially welcome, to keep our one male quilter company!

Come along to our next meeting on **Wednesday, 8th February**, or contact Margaret on 01363 83680. **Helen Smith**

GARDENING CLUB:

Our next meeting is on **Monday, 13th February, at 7.30pm** in the Hall. We are holding a 'Fun Gardening Quiz' with **Wine and Nibbles**. There will be our usual Draw.

Our newly-elected committee is as follows: Chairman: John Smith; Treasurer: Nick Kendall; Secretary: Teresa Kendall

We are working on producing a full and exciting programme for the rest of 2023.

New members are very welcome at an annual fee of only £10 per household. Non-Members are welcome to attend our Hall meetings at a cost of just £1.00 per attendance. **John Smith**

FREE...

to anyone who wants to collect from Coldridge, a

PINE TABLE

Excellent condition 54" long, 29" wide, narrowing at each end to 23". Seats 4 people.

Phone 01363 83206. Leave a message on the answer machine. **Erika.**



TAI CHI IS BACK!

Weekly Tai Chi sessions are now running again in the Village Hall, every Monday evening, from 5.00pm - 6.30pm.

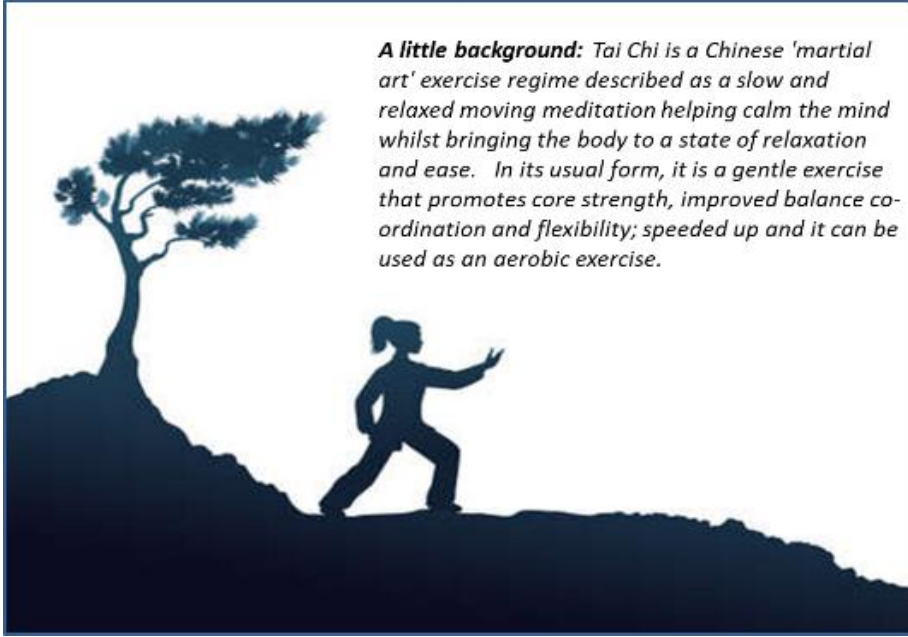
All are welcome to take part; no previous experience necessary and there are no upper or lower age limits.

Wear comfortable loose clothing and flat shoes.

£2.00 per session.

All proceeds to the Village Hall / Coldridge community.

Michael Fox



A little background: *Tai Chi is a Chinese 'martial art' exercise regime described as a slow and relaxed moving meditation helping calm the mind whilst bringing the body to a state of relaxation and ease. In its usual form, it is a gentle exercise that promotes core strength, improved balance co-ordination and flexibility; speeded up and it can be used as an aerobic exercise.*

SEWING MACHINE SERVICING...AT HOME!

Along with two of our neighbours, I have just had my two sewing machines professionally serviced by a firm who come to the house.

They park outside and work in their very well-equipped van. Great service! Several other people in the village have used them and we are all delighted.

If anyone else is interested, I have several of their flyers, which I can let you have. **Helen Smith (01363 83436)**

EDITOR'S OTHER NOTES!

Well, as you can see, I have managed to beat my Calendar template into some sort of submission, so that I can now produce as many contiguous pages as required each month! With so much now happening in this amazing community, the extra editorial and advertising space has become an essential requirement.

Great to see even more new events happening and to welcome two new business enterprises to our pages.

Best wishes to you all.

John W Smith (Editor)



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