

Addendum to

Healthy Activities

for all ages

March 2021

Sadly the deletions

Komurakwai Aikido Club

Rod Hayward has now retired. Winter 2020

Nottakwire

Margaret Moola and Elaine Williams have decided to retire.

But exciting additions

A NEW COMMUNITY CHOIR.

Once COVID 19 restrictions are lifted Clive Mills and fellow singers are hoping to set up a new community choir to replace the much loved Nottakwire. They are currently looking for a new musical/choir director and pianist. Please contact Clive if you know of anyone who may be interested!

They look forward to getting back together with both old and new members to enjoy singing and socialising with friends.

Contact email clivemills43@gmail.com for more information

Freya Louella YOGA!

Peppard Cricket Pavilion (Zoom whilst in Lockdown), when the sun starts shining she will be back outside on the cricket grounds.

Adults: Monday 6 -7pm

Children: Monday 5.15 - 5.45pm

Phone: 07469205922

Email: freyalouella@icloud.com

Instagram: @flow.with.frey

Hula Hooping

Are you looking for an alternative way to tone your tummy and improve your general fitness whilst having hoops of fun? Learn a new skill or rediscover the joys of a child hood toy in a HulaFit class.

You can expect to learn how to keep the hoop up on your waist for a great core workout. Then add in some more traditional style exercises for an all over body workout.

Suitable for complete hoop and fitness beginners. She will bring the hoops, you bring the hips!

Please contact Charlotte on 07793 767953 for more details on when your local classes begin. Or have a look at more benefits of Hula hooping at www.hulafit.com

Active Leaders

Currently, they are releasing a Weekly Lockdown Challenge and new local weekend walks. For more information see their Facebook page.

At Easter in collaboration with the SCPS PTA, they are running an Easter Trail in Sonning Common. (Also hopefully some kind of Biking event but that is TBC at the moment.)

After Easter they hope to re-start the Walking Netball.

Then in the Summer, they have grand plans for holiday activity programmes.

For more details and any Covid restrictions that would apply. See Facebook page: [@activeleaderssonningcommon](https://www.facebook.com/activeleaderssonningcommon) or Email: info@activeleaders.co.uk