

## THE KEYWORTH DIARY - OCTOBER 2019 No. 514

**Please Note: The Parish Council compiles the Keyworth Diary only.** Items for inclusion in the **NOVEMBER 2019** issue should be sent to [bookings@keyworthparishcouncil.org](mailto:bookings@keyworthparishcouncil.org) or posted to, Diary Entries, Village Hall, Elm Avenue, Keyworth by: **12.00 NOON 10th OCTOBER 2019 OTHER WISE INSERTION IN THE DIARY CANNOT BE GUARANTEED.** Due to increased number of entries and limited space available, please keep wording to a minimum. It may be necessary to limit entries to a maximum of 3 lines (approx. 30 words).

- Tuesday 1st **BINGO AT THE TAVERN** - 2.15pm - Keyworth Tavern Public House. Adm. Free. Tel. 937 6501 for details, raffle - money raised goes to a chosen charity.
- Wednesday 2nd **RUSHCLIFFE COUNTRY PARK - LINGER BY THE LAKE** - 10am-12noon. We sell biscuits & tea cakes, enjoy the park whilst having a cuppa & chat! All proceeds go to making the park a better place to visit. Tel. 0115 921 5865.
- Wednesday 2nd **KEYWORTH 8 O'CLOCK GROUP** - 8pm Parochial Church Hall. Social evening & AGM, £2 at door to incl. refresh. & raffle ticket. There is only 1 meeting in October for our group.
- Thursday 3rd **COMMUNITY LITTER PICK** - Join members of the Rotary Club for a litter pick around the village. Meet at the Village Hall Car Park at 10am. Equipment provided.
- Thursday 3rd **KEYWORTH & DISTRICT FOOTPATHS ASSN.** - Guided Walk 9.30am Keyworth Square - Calton Lees, Manners Wood, Bellcross Farm, Calton Lees. 8½ miles. Leader: Jenny 07743 336 282. Bring waterproofs, drink & packed lunch, non-members welcome. No dogs.
- Thursday 3rd **KEYWORTH CAMERA CLUB** - David Keep. Award winning photographer David makes a return visit to the club and will show how he creates powerful images that stand out from the crowd. 7.30pm for 7.45pm at Parochial Church Hall, Selby Lane, Visitors welcome £3.
- Thursday 3rd **KEYWORTH GUITAR CLUB** - Music at The Air Hostess, Tollerton, from Keyworth Guitar Club from 7.30pm
- Friday 4th **KEYWORTH AND DISTRICT LOCAL HISTORY SOCIETY (K&DLHS)** - 7.30pm Centenary Lounge. Bob Massey on 'Victorian Optical Toys'. New members are especially welcome, non-members £2, refreshments & publications available, plus raffle.
- Saturday 5th **MABEL'S MARKET** - Keyworth Methodist Church, 10am-12noon. Home baking, Jams, Bric-a-Brac, Flamingo cards also Traidcraft stall. Come and join us for coffee and a browse. Entry free. Proceeds to charity Self Help Africa.
- Saturday 5th **RUSHCLIFFE PLAY FORUM** - 11am-3pm. Bungalow next to Keyworth Primary School, Nottingham Road. Shop selling discounted arts and crafts materials.
- Tuesday 8th **WEBSTER HALL LADIES** - 1.45pm - Webster Hall. Colin Russell and his wonderful photographs 'Treking La Reunion Seychelles islands'
- Tuesday 8th **KEYWORTH UKULELE STRUMMERS (U3A)**. Methodist Church Hall, 10am-12noon. Beginners and improvers welcome. Call Jacki 0115 937 2953 or [keyworthukulelestrummers.weebly.com](mailto:keyworthukulelestrummers.weebly.com) or [jackialfie@gmail.com](mailto:jackialfie@gmail.com) for more info.
- Tuesday 8th **ROYAL BRITISH LEGION** - 7.30pm Village Hall. Keyworth Branch meets to conduct formal business and a mix of events e.g presentations, items of interest & sharing of common themes in a relaxed social atmosphere. New members encouraged or just come along to see what we are about. Contact Colin Shields 989 9884 for more details.
- Wednesday 9th **FREE TEN WEEK "COUCH TO 5K" RUNNING SESSIONS** - 6.30pm, become an elite athlete in ten weeks! sessions led by highly experienced EA event coach and Run leader Mentor. Meeting outside Village Hall, all abilities hugely welcome.
- Wednesday 9th **KEYWORTH & DISTRICT LABOUR PARTY** - 7.30 pm - The Salutation, Main Street. Members, new members and supporters welcome.
- Thursday 10th **KEYWORTH & DISTRICT FOOTPATHS ASSN.** - Guided Walk 9.30am Keyworth Square - Scafford, Goadby Marwood, Eaton, Eastwell, Scafford. About 9½ miles. Leader: Geoff M. 07305 194 446. Bring waterproofs, drink & packed lunch, non-mem. welcome. No dogs.
- Thursday 10th **KEYWORTH CAMERA CLUB** - Demonstration evening. An evening of presentations demonstrating various techniques to help members improve their photography. 7.30pm for 7.45pm at Parochial Church Hall, Selby Lane, Visitors welcome £3.
- Thursday 10th **PLUMTREE WI** - 7.30pm, Burnside Hall. Introductory visit free, a warm welcome awaits any new visitors. For more info call Lorraine 07539 112 229.
- Thursday 10th **THE ROYAL AIR FORCES ASSOCIATION (RAFA)** - 7pm for 7.15pm - Stanton-on-the-Wolds Golf Club. Adm. free - donation to the 'Wings Appeal' appreciated. Bar facilities avail. Raffle towards Branch funds. Guest Speaker. We welcome serving/past members & those who wish to become one. RAF membership not essential.
- Friday 11th **KEYWORTH BUSINESS GROUP** - 8-9am The Key, Bunny Lane. Friendly networking for businesses in Keyworth & surrounding villages. Drop in, buy a drink & meet local business

- people. Any questions call Ian Machan 07780 646 142, Paul Burrows 07946 619 961.
- Monday 14th **FEELGOOD FILMS** - doors open 1.45pm for 2pm start - Centenary Lounge. Film: Stan & Ollie with Steve Coogan. Donations (min £3.50) on door, refreshments £1.20. Pop along for a lovely afternoon, everyone welcome. Details: Hazel 937 3849 or Elaine 937 3336. Lifts can be arranged with prior notice.
- Monday 14th **SOUTH NOTTS FLOWER CLUB** - Jane Watker of Bramhope Leeds. Her demo is called 'Simplicity'. 7.30pm Burnside Hall, Plumtree 7.30pm. Visitors £7.
- Tuesday 15th **BINGO AT THE TAVERN** - 2.15pm - Keyworth Tavern Public House. Adm. Free. Tel. 937 6501 for details, raffle - money raised goes to a chosen charity.
- Wednesday 16th **KEYWORTH MEMORY CAFE** - 10-12noon Parochial Church Hall. For people living with dementia & memory loss, their families, carers & friends. Free coffee, tea & cakes served. Activities & quizzes. Supported by Home Instead & Keyworth Parish Church. (0115 846 0053).
- Wednesday 16th **RUSHCLIFFE COUNTRY PARK - LINGER BY THE LAKE** - 10am-12noon. We sell biscuits & tea cakes, enjoy the park whilst having a cuppa & chat! All proceeds go to making the park a better place to visit. Tel. 0115 921 5865.
- Wednesday 16th **KEYWORTH GUITAR CLUB** at The Plough, Normanton-on-the-Wolds from 7.30pm. Details 0115 937 4079.
- Thursday 17th **KEYWORTH & DISTRICT FOOTPATHS ASSN.** - Guided Walk 9.30am Keyworth Square - Toton Tram Terminus, Bramcote, Trowell, Erewash Canal, Sandiacre, Toton Tram Terminus. About 8 miles. Leader: Phil 07950 274 014. Bring waterproofs, drink & packed lunch, non-members welcome. Sorry no dogs.
- Thursday 17th **KEYWORTH CAMERA CLUB** - Total immersion - Carol McNiven Young. Carol will talk about the inspiration and preparation that has led to her rapid rise as a prize winning photographer. 7.30pm for 7.45pm at Parochial Church Hall, Selby Lane, Visitors welcome £3.
- Thursday 17th **KEYWORTH CARER SUPPORT GROUP** - 10.30am - 12.30pm in Feignies Room, Keyworth Village Hall. Free Carer Support Group - come and listen to guest speakers and meet other carers. For more information, call Nottinghamshire Carers Hub 0115 824 8824.
- Monday 21st **KEYWORTH WOLDS LADIES PROBUS CLUB** - 10am-12 noon Methodist Church Hall, Selby Lane. The Speaker for October is Pat Billings "Flower Arranging". Visitors are welcome, with a view to becoming members and for more information please contact the Secretary on 0115 914 2930.
- Tuesday 22nd **NOTTINGHAMSHIRE FOOTPATHS PRESERVATION SOCIETY** - [www.nottsfps.org.uk](http://www.nottsfps.org.uk) - guided circular walk, 10.30am, 8 miles: Keyworth via Stanton on the Wolds inc most of Stage 3 of the Notts Wolds Way. Meet at Keyworth Village Hall car park. Leader Maggie Tel. 01636 525359. Non-members welcome.
- Tuesday 22nd **KEYWORTH & DISTRICT U3A** Monthly meeting. Methodist Church. New members welcome. 2pm refreshments. Talk 2.30pm - Tim Coltman, The Life of William Coltman VC.
- Tuesday 22nd **KEYWORTH UKULELE STRUMMERS (U3A)**. Methodist Church Hall, 10am-12noon. Beginners and improvers welcome. Call Jacki 01159372953 or [keyworthukulelestrummers.weebly.com](http://keyworthukulelestrummers.weebly.com) or [jackialfie@gmail.com](mailto:jackialfie@gmail.com) for more info.
- Tuesday 22nd **WEBSTER HALL LADIES** - 1.45pm - Webster Hall. To be confirmed.
- Thursday 24th **KEYWORTH & DISTRICT FOOTPATHS ASSN.** - Guided Walk 9.45am Keyworth Square for 9.52 bus - Gotham, Dismantled Railway Track, Bunny, Bunny Old Wood, Midshires Way, Wysall, Lings Lane, Keyworth. About 8½ miles. Leader: Robin 07816 012 376. Bring waterproofs, drink & packed lunch, non-members welcome. Sorry no dogs.
- Thursday 24th **KEYWORTH CAMERA CLUB** - Internal competition - Round 1. Members will be looking to impress the external judge Bob Richards with their projected images. A great learning opportunity for all. 7.30pm for 7.45pm at Parochial Church Hall. Visitors welcome £3.
- Thursday 24th **POP UP CAFE** - 10.15am-12noon Keyworth Parish Church. Refreshments, homemade cake, crafts & cards. A relaxed atmosphere in a lovely ancient church. Play mat with toys for toddlers, pop in for a break & chat. (0115 846 0053).
- Saturday 26th **KEYWORTH & DISTRICT U3A** - Open Coffee Morning - Village Hall - 10am-12noon. Come along and find out more about us and our various activities!
- Saturday 26th **CHARITY CARD SALE** - Keyworth Methodist Church from 10- 12noon - with Christmas and other anniversary cards and gifts from Traidcraft, The Wildlife Trust, Flamingo Cards, Self Help Africa and other organisations. Entry free and refreshments will be available.
- Monday 28th **KEYWORTH DISTRICT GARDENING ASSC.** - 7.30pm Centenary Lounge. A short AGM followed by tea/coffee, then a presentation by Bob and Del Neill - can you guess what the item/object are used for. Members £2 non members £3.
- Monday 28th **FEELGOOD FILMS** - doors open 1.45pm for 2pm start - Centenary Lounge. Film: Mary Poppins Returns with Emily Blunt. Donations (min £3.50) on door, refreshments £1.20. Pop along for a lovely afternoon, everyone welcome. Details: Hazel 937 3849 or Elaine 937 3336. Lifts can be arranged with prior notice.

- Tuesday 29th **BEREAVEMENT SUPPORT GROUP** - 10.30am-12 noon at the Primary Care Centre, ground floor room. Informal friendly group for mutual support, contact Jacky, email: jackycripwell@hotmail.com or call 921 2037 / 0779 983 4338; Liz, email: e.swaddle71@gmail.com or call 974 5678 / 0776 593 8580.
- Thursday 30th **WEBSTER HALL LADIES** - Theatre Royal visit to see 'Sound of Music' with Nottingham Operatic Society dep. Village hall car park 1.30pm.
- Thursday 31st **KEYWORTH WOMEN'S INSTITUTE** - Making Mincemeat with Rosemary. Visitors welcome. Please ring Jo Daniel for details 937 3882.
- Thursday 31st **KEYWORTH & DISTRICT FOOTPATHS ASSN.** - Guided Walk 9.30am Keyworth Square -Radcliffe on Trent, Cliff Top, Malkin Hill, Shelford, Trent Valley Way, Radcliffe on Trent. About 8 miles. Leader: Glenis 07787 128 040. Bring waterproofs, drink & packed lunch, non-members welcome. Sorry no dogs.
- Thursday 31st **KEYWORTH CAMERA CLUB** - Chalk & Cheese - Darren Leeson & James Woodend. Darren will show his work in Street photography around the world. James, winner of the Astronomy Photographer of the year will show his landscape, aurora & wildlife pictures. 7.30pm for 7.45pm at Parochial Church Hall, Selby Lane, Visitors welcome £3.
- Thursday 31st **KEYWORTH WOMAN'S INSTITUTE** - 7.15pm Centenary Lounge. Visitors welcome £3. For further details contact Pauline 937 3267.

## REGULAR WEEKLY EVENTS

- Monday **EVERYONE HEALTH** 12.30 - 1.45pm. Engage chair based & otago strength and balance exercise sessions for 55+. £3.50 a session, Village Hall delivered by Everyone Health Nottinghamshire, contact: 07889 305 363 for details. Also at All Hallows Church Hall, West Bridgford on Wednesday, 1-2.15pm.
- RELAXERCISE** - 9.30-10.30am - Webster Hall. Easy going exercise classes. £3.00 pay as you go. Tel. Penny Kimmins 937 7216 for details.
- KEYWORTH BABY AND TODDLER GROUP** - 10.00-11.30am - Parochial Hall (term time). Adm. £1.00 per child with accompanying adult, incl. drink and biscuits. Tel. Claire 07843 204504 for details.
- YOGA** - 11.00am-12.30pm - Platt Lane Pavilion. Suitable for beginner/ intermediate levels. Adm. £7 drop in. Tel. Chris 07811 713677.
- KEYWORTH BRIDGE CLUB** - 1pm Burnside Memorial Hall, Plumtree. Visitors welcome, please tel. Martin Day on 937 6824 for further details.
- SLIMMING WORLD** - 7pm - Methodist Church Hall. Tel Naomi 07734 791 608 for details.
- TOLLERTON LINE DANCE CLASS** - 2pm-3pm - Methodist Church Hall, Stanstead Ave. Adm. £4. Beginners welcome. Tel. Renée 9373998.
- KEYWORTH CHOIR** -7.30pm - rehearsals in the Methodist Church. New members welcome, no auditions necessary. We have concerts Christmas, Easter and Summer. For information tel. 989 4883.
- KICK BOXERCISE AT KEYWORTH LEISURE CENTRE** - 8.15-9pm. £5.15 per session with loyalty card. Tel. 937 5582 for details.
- KEYWORTH ARCHERS** - 8pm onwards at Keyworth Leisure Centre. All Archery GB members welcome. Interested in trying archery? We run beginner's courses throughout the year. Tel: 0115 9145497. Email: phil@keywortharchers.co.uk. www.keywortharchers.co.uk
- RUSHCLIFFE ROTARY** - 6.30 for 7pm. Stanton on the Wolds Golf Club. Fortnightly on Monday evenings (except bank holidays). Come along, meet members and find out more about the organisation. Email johnhooley@virginmedia.com or telephone 0115 921 1832.
- BUMPS TO BABIES GROUP** - Activities delivered by the Children's Centres in Keyworth 1.30-3pm weekly, Keyworth Health Centre. Ages 0-12 mths.
- BODY BLITZ** - 6.30pm Keyworth Methodist Church. A full body fitness class. Call Emma on 07885 388 673.
- KEYWORTH LEISURE CENTRE** - AQUA FIT: 9-9.45am. AQUA FIT: 9.45-10.30am. Active Teen 3.30-4.30pm. Bums, Tums & Thighs 7-7.45pm. Circuits 8-8.45pm. All £5.65 per session with loyalty card. Tel. 937 5582 for further details.
- THE KEY HEALTH CLUB** - Express Total Body - 8- 8.30am, Spin - 9.15- 10am, Tai-Chi - 9.15- 10.15am, LBT & Arms - 10.15- 11am, Aqua Fit - 2.15-3pm, Functional Strength - 5.30-6pm, Spin - 6.15-7pm, Yoga - 6.30-7.25pm. Email: enquiries@thekeyhealthclub.co.uk or call 846 3414.
- ASPIRE4FITNESS** Bootcamp 10am, 6pm, 7pm. Designed, ran & supervised by highly qualified, experienced personal trainers. Exercises progressed and/or regressed to ensure classes are suitable for all abilities. £5 non-mem. per session. Booking essential by Facebook inbox, Email: info@aspire4fitness.co.uk or call 0115 937 4845.
- Tuesday **50+ FUN FITNESS - ZUMBA GOLD/FITSTEPS** - 9.15am - Village Hall. Tel. Erika 07967 190 442. Email: erikazumba@hotmail.co.uk

**KEYWORTH ADVICE CENTRE** - 1-4pm - Feignies Room, Village Hall. Advice and information on all issues including employment, consumer, benefits, debt and family. Free & confidential. Tel. 07584 843 086 (answered on a Tuesday between 1-4pm only). www.rushcliffeadvicenetwork.org.uk Email:advice.keyworth@gmail.com.

**WW** - 6.15-7.15pm - Village Hall. Tel. Hannah Paterson 07896 541 991 or hpaterson@weight-watchers.co.uk for details.

**TOLLERTON LINE DANCE CLASS** - 7.15-8.45pm - Methodist Church Hall, Stanstead Ave, Tollerton. Adm. £4.50. Tel. Renée 937 3998.

**KEYWORTH BRIDGE CLUB** - 7pm - Village Hall. Contact David Adams - 0115 989 3721. Visitors welcome but please ring for further details.

**KEYWORTH UKULELE STRUMMERS** (a K&D U3A Activity Group). 2nd and 4th Tuesday each month. Methodist Church Hall, 10am-12noon. Beginners and Improvers welcome. keyworthukulelestrummers.weebly.com or Jacki on 0115 937 2953 or jackialfie@gmail.com for info.

**RUSHCLIFFE PLAY FORUM** - 12-5pm. Bungalow next to Keyworth Primary School, Nottingham Road. Shop selling discounted arts & crafts materials, come see what we have to offer. (PLEASE NOTE opening times may vary during the summer. Please like our Facebook page for details.)

**DAY CENTRE** - Centenary Lounge, Elm Avenue. 10.30am-2.30pm. Collection available if required by KDCC Bus. Lunch £5.10 which includes coffee and biscuits. Telephone Mrs Doreen Gee on 937 4429.

**KEYWORTH TABLE TENNIS CLUB** - 2-4pm, Rectory Fields TT Pavilion, Elm Ave. Social table tennis. Tel Richard 937 5830 or just drop in. All ages & abilities welcome. A fun way to keep fit. £1 per session or mem. avail. Bats, balls & tea provided. www.keyworthttc.co.uk

**KEYWORTH LEISURE CENTRE** - Aqua Fit 9-9.45am. Aqua Fit 9.45-10.30am. Active Teen 3.30-4.30pm. Bums, Tums & Thighs 6.30-7.15pm. Heartbeats 7-8pm. HIIT Training 7.30-8.15pm. Pilates 8.15-9pm. All £5.65 per session with loyalty card. Tel. 937 5582 for info.

**THE KEY HEALTH CLUB** - Combat Express - 7.45-8.15am, Pilates - 9-10am, Spin - 9.15-10am, Powerball - 10.15-11am, Aqua Aerobics - 2-2.45pm, Spin - 5.30-6.15pm, Bootcamp - 6.30-7pm, Zumba - 7-7.45pm. Email: enquiries@thekeyhealthclub.co.uk or call 846 3414.

**YOGA** Burnside Hall Plumtree, 7.30 - 8.45pm . Join our friendly local accessible yoga classes, suitable for beginners to yoga. Bookings now being taken for Spring Term. For more information email annemccarthyoga@gmail.com

**ASPIRE4FITNESS** Bootcamp 6pm. Designed, ran & supervised by highly qualified, experienced personal trainers. Exercises progressed and/or regressed to ensure classes are suitable for all abilities. £5 non-mem. per session. Booking essential by Facebook inbox, Email: info@aspire4fitness.co.uk or call 0115 937 4845.

Wednesday

**SOUTH NOTTS RIDING FOR DISABLED** Charity No. 1073742 - 9.30am-2.30pm. Come & join us it's fun and free. Volunteers urgently required. Tel. Jackie 07784 767 261 or email jackiedbd@googlemail.com

**BINGO & LUNCH** - 10.30am - Moores Nurseries & Garden Centre, Stanton-on-the-Wolds. Arrival coffee, 2 course set lunch & 2 free games of bingo - just £6 per person.

**TAI CHI FOR HEALTH AND WELLBEING** - 2-3pm - Platt Lane Playing Fields (old building). Gentle exercises to improve your fitness and flexibility. Fully qualified teacher. Tel. Lisa 07854 506 451 for further details.

**KEYWORTH ART CLUB** - 7-9pm - Burnside Hall, Plumtree. £10/month. New members welcome, any standard. Tel: Debbie Boote on 937 4644 or Email: debbie@boote.myzen.co.uk

**POSITIVE FUTURES** afterschool youth session - 3.30-4.30pm - Keyworth young peoples centre - years 6, 7, 8, 9, 10. Adm. free Tel. Danielle Duffy - 07972 669 835.

**KEYWORTH BRIDGE CLUB** - Simple Systems session: 1-4pm - Keyworth Village Hall. No partner needed. Contact: Martin Day 0115 937 6824

**CROSSDALE WEDNESDAY CLUB** for babies to preschool children. Weekly during term time, 9.10am. Parent-led play group - Crossdale Primary School. 50p per child, incl. refreshments. Join us for general play and crafts.

**KEYWORTH LEISURE CENTRE** - Aqua Fit 9-9.45am. Pilates 9.30-10.30am. Aqua Fit 9.45-10.30am. Yogalates 10.30-11.30am. Active Teen 3.30-4.30pm. All £5.65 with loyalty card. Tel. 937 5582 for further details.

**THE KEY HEALTH CLUB** - Pump Express - 7.45-8.15am, Aqua Fit & Tone - 9.15-10.15am, Vick's Mix - 9.30-10.30am, Stretch & Tone - 10.35-11.05am, Express Total Body - 5.30-6pm, HiiT - 6-6.30pm, Body Conditioning - 6.30-7.15pm, Ballet Fit - 7.30-8.15pm, Line Dancing - 8.15-9pm. Email: enquiries@thekeyhealthclub.co.uk or call 846 3414.

**PKA Kickboxing** - 7.30pm. A great workout to get fit, lose weight, tone up, build strength or just have some fun and try something new. FREE FIRST SESSION. Give it a try, what have you got to lose? Keyworth Leisure Centre.

**'FINE ART TUITION'** - Watercolour for Beginners, structured classes with Ann Stringer-Paget. 10am-12noon, Keyworth Village Hall. Tel: 07816 118 776 or email ann@artmoves.

co.uk for more information.

**WALKING FOOTBALL** 1pm, Platt Lane. Come join us for our popular walking football session. Aimed at those who want to get out of the house and maintain a level of fitness.

**ASPIRE4FITNESS** Bootcamp 7am, 6pm, 7pm. Designed, ran & supervised by highly qualified, experienced personal trainers. Exercises progressed and/or regressed to ensure classes are suitable for all abilities. £5 non-mem. per session. Booking essential by Facebook inbox, Email: info@aspire4fitness.co.uk or call 0115 937 4845.

Thursday

**CHILDREN IN DISTRESS COFFEE SHOP** - 9-11.30am, Webster Hall. Homemade cakes, toasted teacakes, hot chocolate, tea, coffee and biscuits. Warm friendly atmosphere, children's mat with toys, everyone welcome.

**KEYWORD BASED NOTTINGHAM RIDING FOR THE DISABLED** need volunteers on Thursdays during school hours to help with lessons for disabled children. No experience necessary, training will be given. Tel: Penny 01509 842685.

**BRIDGE: ENJOY AND IMPROVE** - 9.30am-12.30pm - Keyworth Methodist Hall. 2nd and 4th Thursdays. Supervised play; mini-lessons & occasional seminars for for Novices and Improvers. New players welcome. Tel. Chris Close 937 2032 for further details or cjclose42@gmail.com

**RUSHCLIFFE BREAST FEEDING CAFE** - 9.30am-12.30pm Burnside Hall, Plumtree. Term time, toddlers welcome. Feed, drink and relax! Tel: 937 6030.

**LITTLE RASCALS PARENT AND TODDLER GROUP** - 1.30-3pm (term time), Keyworth Primary and Nursery School, Nottingham Rd. All welcome from birth to school age. Free entry to all. Tel. 9748005 for details.

**KEYWORD FRIENDSHIP CLUB (RVS)** - 2-4pm - Centenary Lounge: dominoes, canasta, scrabble, chat, tea & biscuits. Free transport within Keyworth. Adm. £2.50. Tel. Helen Proll 937 2251 for details.

**SHOPPERS BUS** - Keyworth and District Community Concern bus will collect people wishing to visit and use local shops and Post Office, starts at 9am. Telephone Ed Pettipher on 07881 836221.

**KEYWORD BRIDGE CLUB** - 7pm - See Tuesday's entry for details.

**RUSHCLIFFE PLAY FORUM** - 10am-4pm. Bungalow next to Keyworth Primary School, Nottingham Road. Shop selling discounted arts and crafts materials, come and see what we have to offer. (PLEASE NOTE opening times may vary during the summer. Please like our Facebook page for details.)

**KEYWORD TABLE TENNIS CLUB** - 2-4pm, Rectory Fields TT Pavilion, Elm Ave. Social table tennis. Tel Richard 937 5830 or just drop in. All ages & abilities welcome. A fun way to keep fit. £1 per session or mem. avail. Bats, balls & tea provide d. www.keyworthttc.co.uk

**KEYWORD LEISURE CENTRE** - Aqua Fit 9-9.45am. Active Teen 3.30-4.30pm. Music Fit 7.30-8.15pm. Pilates 8.15-9pm. All £5.65 per session with loyalty card. Tel. 937 5582 for further details.

**THE KEY HEALTH CLUB** - HiIT - 7.45-8.15am, Pump - 9.15-10.15am, Functional Strength - 5-5.30pm, Beginners Spin - 5.45-6.30pm, Vinyasa Power Yoga - 6.30-7.30pm, Aqua Fit - 6.45-7.30pm, Combat - 6.45-7.45pm. Email: enquiries@thekeyhealthclub.co.uk or call 846 3414.

**ASPIRE4FITNESS** Bootcamp 10am, 6pm. Designed, ran & supervised by highly qualified, experienced personal trainers. Exercises progressed and/or regressed to ensure classes are suitable for all abilities. £5 non-mem. per session. Booking essential by Facebook inbox, Email: info@aspire4fitness.co.uk or call 0115 937 4845.

Friday

**YOGA** - 10.30am - 12.00 noon. - Platt Lane Pavilion. Suitable for beginner/intermediate levels. Adm. £7 drop in. Tel. Chris 07811713677.

**KEYWORD FRIDAY PAINTING CLUB** - 1pm-3.30/4pm - term time. Painting/drawing with a friendly group of enthusiasts. New mem. welcome! Tel. Debbie 9376989 / Nicole 9375458.

**BALLROOM & LATIN AMERICAN DANCING** -Village Hall - Children 4.45pm - Adm. from: £3.75 - Adults 8.30pm Adm. £4 - Tel: Valerie 01889 569092. Beginners & experienced dancers welcome - all tuition included..

**KEYWORD ARCHERS** - 8pm at Keyworth Leisure Centre. All Archery GB mem. welcome. Interested in trying archery? We run beginner's courses throughout the year. Tel: 0115 9145497. Email: phil@keywortharchers.co.uk. Web: http://www.keywortharchers.co.uk

**KNITTING AND CRAFT GROUP** -1pm-2.30pm - The Salutation on Main Street. All crafters welcome, not just knitters.Tel: Diane/Kathryn on 9376010

**KNIT & NATTER PLUS ALL CRAFTS** - 2-4pm - Parochial Hall. Adm. £1.00 inc. tea / biscuits all welcome incl. beginners. Tel: 937 3267 for details.

**ARTISTS** - Small group of friendly 'artists' meet in the Bowls Pavilion 10-12noon, Oct 6th-April. We draw & paint, what we like, in our chosen medium. New mem. welcome. Call Jean 937 3611 for details.

**KEYWORD LEISURE CENTRE** - Pilates 9.30-10.30am. Aqua Fit 12.15-1pm. Active Teen 3.30-4.30pm. £5.65 per session with loyalty card. Tel. 9375582 for further details.



**THE KEY HEALTH CLUB** - Express Total Body - 8- 8.30am, Step - 9-10am, Aqua Aerobics - 9.45-10.30am, LBT & Arms - 10.15-11am, Functional Strength - 5.15-5.45pm, Spin - 5.45-6.30pm. Email: enquiries@thekeyhealthclub.co.uk or call 846 3414.

**ASPIRE4FITNESS** Bootcamp 7am, 6pm. Designed, ran & supervised by highly qualified, experienced personal trainers. Exercises progressed and/or regressed to ensure classes are suitable for all abilities. £5 non-mem. per session. Booking essential by Facebook inbox, Email: info@aspire4fitness.co.uk or call 0115 937 4845.

Saturday

**KEYWORTH LEISURE CENTRE** - Bums, Tums & Thighs 9-9.45am. Indoor Cycling 10-10.45am. All £5.65 per session with loyalty card. Tel. 937 5582 for further details.

**THE KEY HEALTH CLUB** - Manage My Fitness - 8.30-9am, Spin - 9.15-10am, Bootcamp - 10-10.30am, Aqua Fit - 3-3.45pm, 1 Minute Muscle - 4-4.30pm. Email: enquiries@thekeyhealthclub.co.uk or call 846 3414.

**ASPIRE4FITNESS** Bootcamp 9am, 10am. Designed, ran & supervised by highly qualified, experienced personal trainers. Exercises progressed and/or regressed to ensure classes are suitable for all abilities. £5 non-mem. per session. Booking essential by Facebook inbox, Email: info@aspire4fitness.co.uk or call 0115 937 4845.

Sunday

**THE KEY HEALTH CLUB** - Spin 9.30-10.15am, Circuits 10.15-11am. Tel: 846 3414 for info.

## NEWSBITS

**Need a Venue?** - The Key Health Club is available to hire for all occasions, for both regular and ad hoc bookings. Tel: 0115 846 3414 for more details.

**The Keyworth Cricket Club History** website [www.keyworthcrickethistory.co.uk](http://www.keyworthcrickethistory.co.uk) has been updated and a printed version is available in the Reference Section of the Keyworth Library. The club are always looking for more information and photographs.

**Notts Wildlife Trust** - Please visit the website for information about Rushcliffe nature reserves, wildlife walks and talks, plus other local related activities & news - [southnottswildlife.org.uk](http://southnottswildlife.org.uk)

**Platt Lane Joint Management Committee.** Social Room in Platt Lane Pavilion, Keyworth. Available for hire day or evening to approved hirers. Kitchen and tea/coffee making facilities. Telephone Lisa Costall on 07789 775 878 or email [lisa.costall66@hotmail.co.uk](mailto:lisa.costall66@hotmail.co.uk).

**Keyworth School of Theatre Dance Classes** - all ages in Ballet, Tap, Modern Jazz, Theatre Craft, Commercial Jazz, Street Dancing, Cheerleading, Irish riverdancing. Melody Bear pre-school sessions age 18mths-4yrs & a fundanceclubforages3-6yrs. Mon.-Sat. Webster Hall during term-time. Tel: Ann 9375150 or Kirsty 07914578440. [www.keyworthschooloftheatredance.co.uk](http://www.keyworthschooloftheatredance.co.uk) email - [contactkstd@gmail.com](mailto:contactkstd@gmail.com)

**Webster Hall Ladies** - 1.45pm - Webster Hall. Meet the 2nd & 4th Tuesday - our annual fee is £10, £2 for refreshments and raffle ticket, guests £2 50. Starts September through to August. Tel. Dorothy on 0115 937 5275 for details.

**The Royal Air Force Association** meets at Stanton-on-the-Wolds Golf Club at 7pm for 7.15pm, dates to be announced. All serving and past members of the Air Forces and their dependants will be made very welcome. Contact the branch by emailing: [keworthrafa@gmail.com](mailto:keworthrafa@gmail.com)

**Rushcliffe Macmillan Cancer Support Group** based in Keyworth always needs new members with fresh ideas and free time to help. Contact Angela 9143450 or Pat 9372470.

**Keyworth Meadow** Please visit the website [www.keyworth-meadow.co.uk](http://www.keyworth-meadow.co.uk) for further details.

**Keyworth Bridge Club:** Simple Systems session: 1-4pm every Wednesday, Keyworth Village Hall. No partner needed. Contact: Martin Day 0115 937 6824.

**Positive futures afterschool youth session** Every Wednesday at Keyworth young peoples centre years 6-10. Free of charge, 3.30-4.30pm. Contact Danielle Duffy - 07972 669 835.

**Keyworth Library** - Mon: 9am-12.30pm, 2-5pm, Tue: 9am-12.30pm, 2-7pm, Wed: Closed, Thu: 9am-12.30pm, 2-7pm, Fri: 9am-12.30pm, Sat: 9am-1pm, Sun: Closed.

**FEELGOOD FILMS** An additional date in the Centenary Lounge on Monday 9th December, our dates for the last Monday of each month remain unchanged. Please check the diary for details. Hazel & Elaine.

**Keyworth and District Men's Probus Club** -12 noon fortnightly (Tuesdays). Meets for a Talk and then lunch at The Country Cottage Hotel, Ruddington. New mem. welcome. Call 937 2766 for details.

**Keyworth District Gardening Assc.** Monday 18th November. Garden talk by Mike Davey. Gardens: Good and loyal friends. More details in November Keyworth News.

### End of the Keyworth Diary section



**Please Note: The Parish Council compiles the Keyworth Diary. Items for inclusion should be sent to [bookings@keyworthparishcouncil.org](mailto:bookings@keyworthparishcouncil.org) by 12.00 NOON, 10th of each month.**