

Centre News

We say a fond farewell to one of our groups which has been here since 1999! 'Cover Girls Patchwork' formerly known as 'GY Patchwork' are finishing at the end June, but will not be hanging up their crafting hats as many members are also involved in other local craft groups.

We are also saying goodbye to the weekly **Slimming World** group run by Peter, but they are not moving far. Only as far as the Youth Club next door on a Thursday.

We welcome **Practical Philosophy**, a small group that meet weekly on a Thursday morning and also **U3A** have formed another sub group that meet to play modern board games fortnightly on a Monday afternoon.

The snap calling of the General Election on the 4th July has been welcomed by some but raised concern to others. Let me assure all the users of the Centre that we are not acting as a polling station and will be open as usual on the 4th. The Downhill Run and Festival in the Park on the 7th will then give us all the opportunity to relax again.

Come & Enjoy a deeply relaxing Sound Bath!

What is a Sound Bath?

A Sound Bath is a deeply relaxing and meditative experience where you are bathed in the beautiful therapeutic sound of Gongs, Crystal Bowls, Himalayan Bowls, Crystal Pyramids and numerous other therapeutic instruments, played by Alana, which bring your body's Chakra system back into alignment.

The numerous benefits of sound healing include the calming of the body and mind, reducing stress and anxiety, reducing insomnia, while energising and revitalising the body and lowering blood pressure. It also boosts the immune system and reduces pain.

To find out more and book onto one of Alana's sessions on a Wednesday at 7.30pm please call 07967 228423.

The Highfield Male Voice Choir & One Voice Choir join forces!

It was on a glorious sunset evening on Saturday the Twenty Eighth of April that One Voice joined the Highfield Male Voice Choir for their spring concert at St Laurence's Church.

One Voice started the evening with three well known musical medleys from the London shows which complimented the brilliant acoustics of St Laurence's. The Highfield choir followed with three songs showing off their dexterity of the quiet thoughtful, to the rousing well known welsh historical songs which male voice choirs are known for.



After the interval it was the turn of the Highfield Choir to show off three new songs which were well received, followed by One Voice's interpretation of Loyd Webbers musical delights which was a joy to listen to and showed how much work they had done to make the concert such a success.

The Highfield are working on their Summer and Autumn concerts rehearsing at Frodsham Community Centre every Tuesday from 7.15pm to 9pm and offer free taster evenings to all. So why not come and join us, you never know you might like it as much as we do!

Further information from Frank 07305 681572 or 01244 382673.

200 Club Winners - May 24

No 83	Mike Pusey	£50
No 32	Dorothy Cane	£25
No 7	Greg Jones	£15
No 52	John Beech	£15

You have to be in it to win it

Pick up an entry form at the Centre

Frodsham Panto Group



The next show for the Frodsham Panto Group is 'Rapunzel' which will be on our stage in January 2025.

Witch Gothel steals baby Rapunzel from the King of Evergreen in revenge for stealing her prized parsley. He offers half his Kingdom to whoever finds her, however long it takes!

After 17 years locked in a tower Rapunzel escapes. Now her rescuers need to help her find her way home. The play is set in medieval times with plenty of panto shenanigans, laughter and dancing. It's now time to enjoy Rapunzel's adventures!

You can 'Meet the team' and find out more about the storyline and characters on Wednesday 12th June at 7pm. Principal Auditions will then be held on Friday 14th June from 6pm and Chorus and Dancers on Saturday 15th June from 12 noon. To register go to the Panto Group secure website.

www.panto.frodcomm.org.uk

Would you like your group to be featured in CentrePoints?

All we need from you is a paragraph or two about what you are doing at the Centre and how new members would enjoy sharing in that activity. A picture could be worth a thousand words.

Speak to Sarah your Bookings Manager