



Our Latest Updates:

Sign Up To Our New Classes Starting In June

All Confirmed Classes & Groups in 2021

Sign Up For Our New Weekly Lottery Starting May 1st!

Spotlight On Footsteps: Foot and nail care services

Sign Up To Our New Classes Starting In June

We can't wait to open 6 days a week on Monday 17th May! This year we're excited to introduce a range of new Clarke Foley classes to our schedule. You can see a full list of these, as well as all of our current confirmed classes and groups further on in the newsletter. There are opportunities to sign up for all of these new groups and below you can read more about two of these which will be starting in June.

CF Move It or Lose It Exercise Classes

A fitness class designed specifically to help people to stay young by improving strength, balance and overall health. An exercise class with a difference designed by Move it or Lose its founder Julie Robinson as seen on BBC's "How to Stay Young". This class is known as FABS, which stands for

Flexibility, Aerobics, Balance and Strength. Open to all, Standing, seated, wheelchair bound. Limited places available. Classes will start Wednesday 16th June 15.30 - 16.30 and will take place on a weekly basis.

Contact Michele on 07495 045310 to book your place.



CF English: Then and Now

A series of talks about the English Language: where it came from, the influences of the Romans, Vikings, French, the expansion of trade, place names, surnames, dialect and where the language might be going. What new words or usages have you noticed this year?

Your contributions will be welcomed and there will be laughs along the way. There will be a refreshment break. Talks will start on Friday 4th June 13.30 - 15.30 and take place on a fortnightly basis.

For more information, or to join, please contact Ann Johnson. 01943 605282 or johnsonsilkleay@icloud.com

Telephone Number: 07495 045310

List Of All Confirmed Classes & Groups in 2021

Group: Starting Date/Frequency:

CF Art (Friday).....	21st May 10.00 - 12.00: Weekly
CF Art (Monday).....	September Monday Mornings: Weekly
CF English: Then and Now (Tutorial).....	4th June 13.30 - 15.30: Bi-Weekly
CF Film Club.....	19th June 13.30 - 15.30: 1st & 3rd Sat of the month
CF Harbour (Men's) Club.....	11th June 12.30 - 14.30: Bi-weekly
CF Move It or Lose It (Exercise Class).....	16th June 15.30 - 16.30: Weekly
CF Worth Connecting (Technology Class).....	7th June 13.30 - 15.30: Weekly (6 week course)
Footsteps Foot & Nail Care.....	20th May 08.30 - 12.00: Weekly
Ilkley Art Club.....	September Wednesday 12.45 - 14.45: Weekly
Ilkley & District Good Neighbours Moving On.....	20th May 10.30 - 12.30: Weekly
Ilkley & District Good Neighbours Over 90s.....	25th September: Annual Event
Ilkley Antiques & Collectables Fair.....	5th September: 1st Sunday of the month
Ilkley Arts, Gift & Craft Fair.....	26th June: Monthly on Saturdays
Ilkley Flower Club.....	12th July 18.30 - 22.00: 2nd Monday of the month
Ilkley Friends of Martin House Christmas Fayre.....	27th November: Annual Event
Ilkley Insight Group.....	1st July 10.00 - 12.00: 1st Thursday of the month
Le Cercle Français.....	19th May 10.00 - 12.00: Weekly
Line Dancing.....	20th May 10.30 - 14.00: Weekly
New Horizons Orchestra.....	21st May 14.00 - 16.00: Weekly
Sacred Heart First Holy Communion Breakfast.....	3rd June
Seated Exercise (Monday).....	17th May - 14.00 - 15.00: Weekly
Seated Exercise (Tuesday).....	18th May 10.15 - 11.15 & 11.45 - 12.45: Weekly
Soroptimists International of Ilkley.....	27th May 19.15 - 21.45: Bi-Weekly
Tai Chi (Monday).....	17th May 09.00 - 10.00 & 11.00 - 12.00 - Weekly
Tai Chi (Thursday).....	20th May 19.00 - 20.00 - Weekly
U3A Art Appreciation.....	27th September 14.30 - 16.30: Bi-Weekly
U3A Bridge.....	3rd September 10.00 - 12.30: Weekly
U3A Drop-in Session.....	21st May 09.30 -12.30: Bi-weekly
U3A Literary Classics.....	30th June 10.00 - 12.00: Bi-Weekly
U3A Meet the Leaders.....	10th July 10.00 - 12.00: Annual Event
U3A Railway Group.....	5th October Bi-Weekly
U3A Saturday Social.....	17th July 10.30 - 12.30: 3rd Sat of the month
U3A Science & Technology (Tuesday).....	12th October 10.00 - 12.00: Monthly
U3A Science & Technology 2 (Wednesday).....	29th September 10.00 - 12.00: Monthly
U3A Travel Group.....	21st September 10.00 - 12.00: Monthly
U3A Trustee Meetings.....	28th May 09.30 - 12.30: Bi-Weekly

Places Available

We currently have places available for the following classes and groups:

Tai Chi - Contact John on email: j.bonnett@icloud.com or mobile 07976 282561

Le Cercle Français - Contact Jonathan on email: xxxjonathanjo@yahoo.co.uk

Art Club - Contact admin@clarkefoley.org.uk

There are places available in all of our new CF classes & groups listed above. If you're interested in joining any of these groups please contact admin@clarkefoley.org.uk or call the number below.

Telephone Number: 07495 045310

Sign Up For our new weekly lottery starting May 1st!

onelottery



- Win prizes of up to £25,000!
- Tickets only cost £1 per week
- 50% of all tickets sold from our page go to us!
- Join today it only takes a minute

Last month we launched our new lottery. Our first draw will be **Saturday 1st May**, you can now sign up below to support The Clarke Foley Community Centre and have a chance of winning **£25,000!**

You can visit www.onelottery.co.uk and search for 'Clarke Foley Centre' or if you're viewing this online, simply click the button at the bottom of the page to buy your tickets. Good luck!

Spotlight On Footsteps: Foot & Nail Care Services

Now that the lockdown is coming to an end, I am sure that there are quite a few people who are keen to get out and about. For those of you who are swapping the comfy slippers for the outdoor shoes you may want to give your feet a good spruce up ready to venture out in comfort or anyone who's arms are no longer able to reach those toes we have just what you need. Footsteps foot health Sessions will be restarting on Thursday 20th May.

Pearl and Ian Jolliffe will be please to welcome you for nail cutting and treatment for corns and that annoying hard skin that's developed over these last few months. Pearl will be wielding the clippers and Ian will be making the appointments for our existing clients and those who want to give us a try. Pearl is a qualified foot health practitioner and has been running Footsteps for a few years now at Clarke Foley with her faithful assistant Ian who does the hard work arranging all the appointments. We will be observing all the usual Covid regulations and respectfully ask those who attend to wear a mask or visor if possible. For more information about Footsteps or an appointment call us on 07906500456 or 01274770837.

