

July Events

Contact information can be found in the pullout Telephone List enclosed

Tuesday 1st July	10.00 am 6.00 pm 7.15 pm 7.30 pm	Open House Zumba Yoga & Relaxation Julie's Aerobics	All Saints, Redgrave Rickinghall Village Hall Botesdale Village Hall Rickinghall Village Hall
Wednesday 2nd July	9.30 am 10.00 am 10.30 am	MOBILE LIBRARY Redgrave Art Club Day Centre Macmillan Outreach Service	Activities Centre Rickinghall Village Hall Botesdale Health Centre
Thursday 3rd July	9.30 am 6.00 pm 7.30 pm	RABBATS Fitsteps Rickinghall Parish Council Meeting	Rickinghall Village Hall Rickinghall Village Hall Rickinghall Village Hall
Friday 4th July	9.00 am 10.45 am 1.00 pm 7.00 pm 8.00 pm	Church Cleaning Positive Steps Beginners Tai Chi Prize Bingo Evening in aid of Papworth Hospital Dance Classes.	St Mary's Redgrave Rickinghall Village Hall Rickinghall Village Hall Rickinghall Village Hall Botesdale Village Hall
Saturday 5th July	10.00 am 10.00 am 10.30 am	Churches open Adult Course : Dragonfly & Damsel fly Surveying. £25/£21.50. Booking essential on 01473 890089 Guided Fen Walk. Cost £3. No booking required	St Mary's Red, R I & C of Ease Redgrave Fen Education Centre, Redgrave Fen
Sunday 6th July	6.00 pm	Zumba	Rickinghall Village Hall
Monday 7th July	2.00 pm 7.30 pm	Needlecraft Slimming World	Activities Centre Rickinghall Village Hall
Tuesday 8th July	9.00 am 6.00 pm 7.15 pm 7.30 pm	Coffee on the Corner Zumba Yoga & Relaxation Julie's Aerobics	Parkview Chapel Rickinghall Village Hall Botesdale Village Hall Rickinghall Village Hall
Wednesday 9th July	9.30 am 10.00 am 10.30 am 2.15 pm 7.30 pm	Redgrave Art Club Day Centre Macmillan Outreach Service Forget-me-not-Club Redgrave Parish Council Meeting	Activities Centre Rickinghall Village Hall Botesdale Health Centre Farnish House Activities Centre
Thursday 10th July	9.30 am 12.30 pm 6.00 pm 7.30 pm	RABBATS Phoenix Luncheon Club Fitsteps Rickinghall W I. 'Roses & Labour Saving Gardening'	Rickinghall Village Hall Activities Centre Rickinghall Village Hall Rickinghall Village Hall
Friday 11th July	9.15 am 10.45 am 1.00 pm 8.00 pm	Rickinghall Ramblers Positive Steps Beginners Tai Chi Dance Classes. Phone 01379 783114 for further information	Rickinghall Village Hall Rickinghall Village Hall Rickinghall Village Hall Botesdale Village Hall
Saturday 12th July	9.00 am 10.00 am 10.00 am 10.30 am	Rickinghall Farmers Market and Car Boot Sale Rickinghall Parish Council Surgery. To 11.00 am Churches open Wildlife Watch Group. Pond Dipping & Identification	Rickinghall Village Hall Rickinghall Village Hall St Mary's Rick Inf & C of Ease Redgrave Fen
Sunday 13th July	6.00 pm	Zumba	Rickinghall Village Hall
Monday 14th July	2.00 pm 7.30 pm 7.30 pm	Needlecraft Slimming World Botesdale Parish Council Meeting	Activities Centre Rickinghall Village Hall Botesdale Village Hall
Tuesday 15th July	6.00 pm 7.15 pm 7.30 pm 7.30 pm	Zumba Yoga & Relaxation Julie's Aerobics Progressive Whist Drive	Rickinghall Village Hall Botesdale Village Hall Rickinghall Village Hall Activities Centre
Wednesday 16th July	9.30 am 10.00 am 7.00 pm	Redgrave Art Club Day Centre Dad's Army Evening—see June magazine for details	Activities Centre Rickinghall Village Hall All Saints, Redgrave

July Events Contd

Contact information can be found in the pullout Telephone List enclosed

Thursday 17th July	9.30 am 6.00 pm 7.30 pm	RABBATS Fitsteps Crafty Corner	Rickingham Village Hall Rickingham Village Hall Parkview Chapel
Friday 18th July	10.45 am 1.00 pm 2.00 pm 3.30 pm 8.00 pm	Positive Steps Beginners Tai Chi School Carnival parade Friends of St Botolphs Summer Fayre Dance Classes.	Rickingham Village Hall Rickingham Village Hall Leaves Botesdale Village Hall St Botolphs School Botesdale Village Hall
Saturday 19th July	10.00 am	Churches open	St Mary's R I & C of Ease
Sunday 20th July	6.00 pm	Zumba	Rickingham Village Hall
Monday 21st July	9.15 am 2.00 pm 7.30 pm	Rickingham Ramblers Needlecraft Slimming World	Rickingham Village Hall Activities Centre Rickingham Village Hall
Tuesday 22nd July	6.00 pm 7.15 pm 7.30 pm	ST BOTOLPHS BREAKS UP FOR SUMMER! Zumba Yoga & Relaxation Julie's Aerobics	Rickingham Village Hall Botesdale Village Hall Rickingham Village Hall
Wednesday 23rd July	9.30 am 10.00 am 2.15 pm 6.00 pm 7.30 pm	Redgrave Art Club Day Centre Forget-me-not-Club Royal British Legion Botesdale & District Branch, General Meeting. Page 11 June of the magazine for details. Heritage Circle. '1349-1500 The Impact of the Black Death on Rick.	Activities Centre Rickingham Village Hall Farnish House Bowls Club Rickingham Village Hall
Thursday 24th July	9.30 am 6.00 pm	RABBATS Fitsteps	Rickingham Village Hall Rickingham Village Hall
Friday 25th July	10.45 am 1.00 pm 8.00 pm	Positive Steps Beginners Tai Chi Dance Classes	Rickingham Village Hall Rickingham Village Hall Botesdale Village Hall
Saturday 26th July	10.00 am 10.00 am	LAST DATE FOR OIL SYNDICATE AUGUST ORDERS Churches open Adult Course : Botanical Illustration with Christine Grey-Wilson £25/£21.50 Booking essential on 01473 890089	St Mary's R I & C of Ease Redgrave Fen
Sunday 27th July	6.00 pm	Zumba	Rickingham Village Hall
Monday 28th July	2.00 pm 2.00 pm 7.30 pm 7.30 pm	Royal British Legion Women's Section Needlecraft Slimming World 24 Lives – an evening of song, music, poetry & drama to commemorate the men of Redgrave-cum-Botesdale who died in the First World War. Tickets (£5 pp): 01379 898826.	Farnish House Activities Centre Rickingham Village Hall St Mary's, Redgrave
Tuesday 29th July	12 noon 2.00 pm 6.00 pm 7.30 pm	Redgrave Luncheon Club. Tel 898615 on 28th for vacancies. Family Event : Pond Dipping. £2.50 pp. Bkg essential on 688333 Zumba Julie's Aerobics	Activities Centre Redgrave Fen Rickingham Village Hall Rickingham Village Hall
Wednesday 30th July	9.30 am 10.00 am 10.00 am	MOBILE LIBRARY Redgrave Art Club Day Centre Activity Day. Investigating Invertebrates. 1child £6; 2 £10. 688333	Activities Centre Rickingham Village Hall Redgrave Fen
Thursday 31st July	9.30 am 2.30 pm 6.00 pm	RABBATS RAHOF Annual Cream Tea with Music. Directions : 01953 681543. Fitsteps Redgrave Garden Club BBQ	Rickingham Village Hall Farm View, Ling Road, Nth Lop Rickingham Village Hall Mill Barn, Sandy Lane

August Events

Contact information can be found in the pullout Telephone List enclosed

Friday 1st August	9.00 am 9.15 am 10.45 am 1.00 pm 8.00 pm	Church Cleaning Rickinghall Ramblers Positive Steps. Beginners Tai Chi. Dance Classes.	St Mary's Redgrave Rickinghall Village Hall Rickinghall Village Hall Rickinghall Village Hall Botesdale Village Hall
Saturday 2nd August	10.00 am 10.30 am	Churches Open Guided Fen Walk. Cost £3. No booking required	St Mary's Rick Inf & C of Ease Education Centre, Redgrave Fen
Sunday 3rd August	6.00 pm	Zumba.	Rickinghall Village Hall
Monday 4th August	2.00 pm 7.30 pm	Needlecraft Slimming World	Activities Centre Rickinghall Village Hall
Tuesday 5th August	10.00 am 2.00 pm 6.00 pm 7.30 pm	Open House Family Event, Minibeast Safari. £2.50pp. Bkng essential,688333 Zumba Julie's Aerobics	All Saints, Redgrave Redgrave Fen Rickinghall Village Hall Rickinghall Village Hall
Wednesday 6th August	9.30 am 10.00 am 10.00 am 10.30 am 2.15 pm	Redgrave Art Club Day Centre Activity Day. Bushcraft. 1 child £6; 2 £10. Book on 688333 Macmillan Outreach Service Forget-me-not-Club	Activities Centre Rickinghall Village Hall Redgrave Fen Botesdale Health Centre Farnish House
Thursday 7th August	9.30 am 6.00 pm 7.30 pm	RABBATS Fitsteps Rickinghall Parish Council Meeting. Planning matters only	Rickinghall Village Hall Rickinghall Village Hall Rickinghall Village Hall
Friday 8th August	10.45 am 1.00 pm 8.00 pm	Positive Steps Beginners Tai Chi Dance Classes. Phone 01379 783114 for further information	Rickinghall Village Hall Rickinghall Village Hall Botesdale Village Hall
Saturday 9th August	9.00 am 10.00 am 10.00 am 10.00 am 10.30 am	Rickinghall Farmers Market & Car Boot Sale Rickinghall Parish Council Surgery. To 11.00 am Churches open Quatrefoil History Day. To 4.00 pm Wildlife Watch Group	Rickinghall Village Hall Rickinghall Village Hall St Mary's Rick Inf & C of Ease St Mary's Rickinghall Inferior Redgrave Fen
Sunday 10th August	6.00 pm	Zumba	Rickinghall Village Hall
Monday 11th August	9.15 am 2.00 pm 7.30 pm 7.30 pm	Rickinghall Ramblers Needlecraft Slimming World Botesdale Parish Council Meeting for planning only	Rickinghall Village Hall Activities Centre Rickinghall Village Hall Botesdale Village Hall
Tuesday 12th August	9.00 am 10.00 am 6.00 pm 7.30 pm	Coffee on the Corner Family Event. Hedgehogs. £2.50pp. Bkng essential on 688333 Zumba Julie's Aerobics	Parkview Chapel Redgrave Fen Rickinghall Village Hall Rickinghall Village Hall
Wednesday 13th August	9.30 am 10.00 am 10.00 am	Redgrave Art Club Day Centre Family Event. 'Where the Wild Things Are'. £2.50pp. Bkg 688333	Activities Centre Rickinghall Village Hall Redgrave Fen
Thursday 14th August	9.30 am 12.30 pm 6.00 pm	RABBATS Phoenix Luncheon Club Rickinghall W I. Visit to see Pulham Market Millennium Tapestry Fitsteps	Rickinghall Village Hall Activities Centre Rickinghall Village Hall
Friday 15th August	10.45 am 1.00 pm 8.00 pm	Positive Steps Beginners Tai Chi Dance Classes. Phone 01379 783114 for further information	Rickinghall Village Hall Rickinghall Village Hall Botesdale Village Hall
Saturday 16th August	10.00 am 10.30 am 10.30 am	Churches open Church Fete Wildlife Watch Group	St Mary's Rick Inf & C of Ease Botesdale Village Hall Redgrave Fen

What to say if caught sleeping at your desk ...

I wasn't sleeping! I was meditating on the mission statement and envisioning a new paradigm.

August Events

Contact information can be found in the pullout Telephone List enclosed

Sunday 17th August	6.00 pm	Zumba	Rickingham Village Hall
Monday 18th August	2.00 pm 7.30 pm	Needlecraft Slimming World	Activities Centre Rickingham Village Hall
Tuesday 19th August	10.00 am 2.00 pm 6.00 pm 7.30 pm 7.30 pm	Family Event. Reptiles & Amphibians. £2.50pp. Bkg 688333 Redgrave & District Ladies Club—tour of Columbine Hall Zumba Julie's Aerobics Progressive Whist Drive	Redgrave Fen Meet at Activities Centre Rickingham Village Hall Rickingham Village Hall Activities Centre
Wednesday 20th August	9.30 am 10.00 am 10.00 am 2.15 pm	Redgrave Art Club Day Centre Family Event. 'Teddy Bears Picnic'. £2.50pp. Bkng 688333 Forget-me-not-Club	Activities Centre Rickingham Village Hall Redgrave Fen Farnish House
Thursday 21st August	9.30 am 6.00 pm 7.30 pm	RABBATS Fitsteps Crafty Corner	Rickingham Village Hall Rickingham Village Hall Parkview Chapel
Friday 22nd August	9.15 am 10.45 am 1.00 pm 8.00 pm	Rickingham Ramblers Positive Steps Beginners Tai Chi Dance Classes	Rickingham Village Hall Rickingham Village Hall Rickingham Village Hall Botesdale Village Hall
Saturday 23rd August	10.00 am 10.00 am	Churches open Art Exhibition. Free entry. Work by local artists	St Mary's Rick Inf & C of Ease Redgrave Fen
Sunday 24th August	10.00 am 6.00 pm	Art Exhibition. Free entry. Work by local artists Zumba	Redgrave Fen Rickingham Village Hall
Monday 25th August	10.00 am 7.30 pm	SUMMER BANK HOLIDAY Art Exhibition. Free entry. Work by local artists Slimming World	Redgrave Fen Rickingham Village Hall
Tuesday 26th August	12 noon 6.00 pm 7.30 pm	Redgrave Luncheon Club. Ring 898615 on 25th for vacancies. Zumba Julie's Aerobics	Activities Centre Rickingham Village Hall Rickingham Village Hall
Wednesday 27th August	9.30 am 10.00 am 2.00 pm 7.30 pm	MOBILE LIBRARY Redgrave Art Club Day Centre Family Event. Treasure Hunt. £2.50 pp. Bkng essential on 688333 Heritage Circle. 'The story of St John's Home'	Activities Centre Rickingham Village Hall Redgrave Fen Rickingham Village Hall
Thursday 28th August	9.30 am 6.00 pm 7.30 pm	RABBATS Fitsteps Rickingham WI	Rickingham Village Hall Rickingham Village Hall Rickingham Village Hall
Friday 29th August	10.45 am 1.00 pm 8.00 pm	Positive Steps Beginners Tai Chi Dance Classes.	Rickingham Village Hall Rickingham Village Hall Botesdale Village Hall
Saturday 30th August	10.00 am 10.30 am	Churches open Church Fete	St Mary's Rick Inf & C of Ease Botesdale Village Hall
Sunday 31st August	6.00 pm	Zumba	Rickingham Village Hall

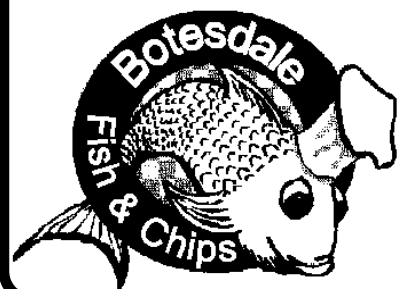
A vicar was arguing with his wife

"And now I find out that while you told me you've been 'discussing important inter-faith matters', you've really been out on the golf course with your friends!"

"They were a Catholic Priest and a Rabbi!"

"You still lied to me!"

"I wasn't lying, darling I was just being ecumenical with the truth, that's all!"



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WEDNESDAY 4.15 - 8.00 pm
THURSDAY, FRIDAY, SATURDAY 11.30 am - 1.30 pm 4.15 - 10.00 pm
SUNDAY 4.15 - 8.00 pm

Contact information can be found in the pullout Telephone List enclosed

Monday 1st September	9.15 am 2.00 pm 7.30 pm	Rickinghall Ramblers Needlecraft Slimming World	Rickinghall Village Hall Activities Centre Rickinghall Village Hall
Tuesday 2nd September	10.00 am 6.00 pm 7.30 pm	Open House Zumba Julie's Aerobics	All Saints, Redgrave Rickinghall Village Hall Rickinghall Village Hall
Wednesday 3rd September	9.30 am 10.00 am 10.30 am 2.15 pm	Redgrave Art Club Day Centre Macmillan Outreach Service Forgt-me-not-Club	Activities Centre Rickinghall Village Hall Botesdale Health Centre Farnish House
Thursday 4th September	9.30 am 6.00 pm 7.30 pm	ST BOTOLPHS STARTS THE AUTUMN TERM RABBATS Fitsteps Rickinghall Parish Council Meeting	Rickinghall Village Hall Rickinghall Village Hall Rickinghall Village Hall
Friday 5th September	9.00 am 10.45 am 1.00 pm 8.00 pm	Church Cleaning Positive Steps Beginners Tai Chi Dance Classes	St Mary's Redgrave Rickinghall Village Hall Rickinghall Village Hall Botesdale Village Hall
Saturday 6th September	10.00 am 10.00 am 10.30 am	Churches open Border Craft Fair. To 3.00 pm Guided Fen Walk. Cost £3. No booking required	St Mary's Red, R I & C of Ease Botesdale Village Hall Education Centre, Redgrave Fen
Sunday 7th September	6.00 pm	Bowls—Bury League Finals Zumba	Bowls Club Rickinghall Village Hall
Monday 8th September	2.00 pm 7.30 pm 7.30 pm	Needlecraft Slimming World Botesdale Parish Council Meeting	Activities Centre Rickinghall Village Hall Botesdale Village Hall
Tuesday 9th September	9.00 am 6.00 pm 7.15 pm 7.30 pm	Forget-me-not-Club outing to Lowestoft Coffee on the Corner Zumba Yoga & Relaxation Julie's Aerobics	Parkview Chapel Rickinghall Village Hall Botesdale Village Hall Rickinghall Village Hall
Wednesday 10th September	9.30 am 10.00 am 2.15 pm 7.30 pm	Redgrave Art Club Day Centre Forget-me-not-Club Redgrave Parish Council Meeting	Activities Centre Rickinghall Village Hall Farnish House Activities Centre
Thursday 11th September	9.30 am 12.30 pm 2.00 pm 6.00 pm 7.30 pm	RABBATS Phoenix Luncheon Club Autumn Course starts, Rickinghall Further Education Group Fitsteps Rickinghall W I. Open Evening. Memories of a 'Pommie' Chid Migrant to Australia with Jean Brownfoot	Rickinghall Village Hall Activities Centre Rickinghall Village Hall Rickinghall Village Hall Rickinghall Village Hall
Friday 12th September 12 noon—LATEST COPY DATE FOR OCTOBER MAG	9.15 am 10.45 am 1.00 pm 8.00 pm	Rickinghall Ramblers Positive Steps Beginners Tai Chi Dance Classes	rickinghall Village Hall Rickinghall Village Hall Rickinghall Village Hall Botesdale Village Hall
Saturday 13th September	9.00 am 10.00 am 10.00 am 10.30 am	Rickinghall Farmers Market and Car Boot Sale Rickinghall Parish Council Surgery. To 11.00 am. TBC Churches open Wildlife Watch Group	Rickinghall Village Hall Rickinghall Village Hall St Mary's Rick Inf & C of Ease Redgrave Fen
Sunday 14th September	6.00 pm	Zumba	Rickinghall Village Hall

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Contact information can be found in the pullout Telephone List enclosed

Monday 15th September	2.00 pm 7.30 pm	Needlecraft Slimming World	Activities Centre Rickinghall Village Hall
Tuesday 16th September	6.00 pm 7.15 pm 7.30 pm 7.30 pm	Zumba Yoga & Relaxation Julie's Aerobics Progressive Whist Drive	Rickinghall Village Hall Botesdale Village Hall Rickinghall Village Hall Activities Centre
Wednesday 17th September	9.30 am 10.00 am 2.15 pm 7.30 pm	Redgrave Art Club Day Centre Forget-me-not-Club Wives Club	Activities Centre Rickinghall Village Hall Farnish House Methodist Church
Thursday 18th September	9.30 am 6.00 pm 7.30 pm	RABBATS Fitsteps Crafty Corner	Rickinghall Village Hall Rickinghall Village Hall Parkview Chapel
Friday 19th September	10.45 am 1.00 pm 8.00 pm 7.00 pm	Positive Steps Beginners Tai Chi Dance Classes RAHOF 'Fashion Fizz' with Christine Hinchliffe of Diss Ticket (£7.00) enquiries to June Hart on 897180.	Rickinghall Village Hall Rickinghall Village Hall Botesdale Village Hall Hinderclay Village Hall
Saturday 20th September	10.00 am 2.00 pm	Churches open Rickinghall W I Jumble Sale	St Mary's, Rick Inf & C of Ease Rickinghall Village Hall
Sunday 21st September	6.00 pm	Zumba	Rickinghall Village Hall
Monday 22nd September	9.15 am 2.00 pm 2.00 pm 7.30 pm	Rickinghall Ramblers Royal British Legion Women's Section Needlecraft Slimming World	Rickinghall Village Hall Farnish House Activities Centre Rickinghall Village Hall
Tuesday 23rd September	6.00 pm 7.15 pm 7.30 pm	Zumba Yoga & Relaxation Julie's Aerobics	Rickinghall Village Hall Botesdale Village Hall Rickinghall Village Hall
Wednesday 24th September	9.30 am 10.00 am 7.30 pm	MOBILE LIBRARY Redgrave Art Club Day Centre Heritage Circle. Neil Lanham 'Life as a Suffolk Auctioneer'	Activities Centre Rickinghall Village Hall Rickinghall Village Hall
Thursday 25th September	9.30 am 6.00 pm 7.30 pm	RABBATS Fitsteps Redgrave Garden Club. 'Images of a Wildlife Pond'	Rickinghall Village Hall Rickinghall Village Hall Activities Centre
Friday 26th September	10.45 am 1.00 pm 8.00 pm	Positive Steps Beginners Tai Chi Dance Classes	Rickinghall Village Hall Rickinghall Village Hall Botesdale Village Hall
Saturday 27th September	10.00 am	Churches open	St Mary's, Rick Inf & C of Ease
Sunday 28th September	6.00 pm	Zumba	Rickinghall Village Hall
Monday 29th September	2.00 pm 7.30 pm	Needlecraft Slimming World	Activities Centre Rickinghall Village Hall
Tuesday 30th September	12 noon 6.00 pm 7.15 pm 7.30 pm	Redgrave Luncheon Club. Ring 898615 on 29th for vacancies. Zumba Yoga & Relaxation Julie's Aerobics	Activities Centre Rickinghall Village Hall Botesdale Village Hall Rickinghall Village Hall