



BOTESDALE
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Tues	11.30 – 1.30	4.30	-	8.00pm
Wed	Closed in morning	4.30	-	8.00pm
Thur	11.30 – 1.30	4.30	-	10.00pm
Fri	11.30 – 1.30	4.30	-	10.00pm
Sat	11.30 – 1.30	4.30	-	10.30pm
Sun	Closed in morning	5.00	-	8.00pm

Monday 1st July	9.15 am 2.00 pm 7.30 pm	Rickingham Ramblers. Tel : 897216. Needlecraft Slimming World.	Rickingham Village Hall Activities Centre Rickingham Village Hall
Tuesday 2nd July	9.30 am 10.00 am 6.00 pm 7.15 pm 7.30 pm	Yoga. Booking essential on 01379 890955 Open House Zumba Yoga & Relaxation Julie's Aerobics	Rickingham Village Hall All Saints, Redgrave Rickingham Village Hall Botesdale Village Hall Rickingham Village Hall
Wednesday 3rd July	10.00 am 10.00 am 10.30 am 2.15 pm	MOBILE LIBRARY Day Centre Redgrave Art Club Macmillan Outreach Service Forget-me-not-Club	Rickingham Village Hall Activities Centre Botesdale Health Centre Farnish House
Thursday 4th July	9.30 am 7.30 pm	RABBATS Rickingham Parish Council Meeting	Rickingham Village Hall Rickingham Village Hall
Friday 5th July	9.00 am 9.00 am 7.00 pm 8.00 pm	Church Cleaning Yoga. Booking essential on 01379 890955 Bingo Evening Dance Classes	St Mary's, Redgrave Rickingham Village Hall Rickingham Village Hall Botesdale Village Hall
Saturday 6th July	10.00 am 10.00 am 10.30 am	Church Open Botanical Illustration. Booking essential on 01473 890089 Guided Fen Walk	St Mary's Red, Rick & CofE Redgrave Fen Redgrave Fen
Sunday 7th July	6.00 pm	Zumba	Rickingham Village Hall
Monday 8th July	2.00 pm 7.30 pm 7.30 pm	Needlecraft Slimming World Botesdale Parish Council Meeting	Activities Centre Rickingham Village Hall Botesdale Village Hall
Tuesday 9th July	9.00 am 9.30 am 6.00 pm 7.15 pm 7.30 pm	Coffee on the Corner Yoga. Booking essential on 01379 890955 Zumba Yoga & Relaxation Julie's Aerobics	Parkview Chapel Rickingham Village Hall Rickingham Village Hall Botesdale Village Hall Rickingham Village Hall
Wednesday 10th July	10.00 am 10.00 am 7.30 pm	Day Centre Redgrave Art Club Redgrave Parish Council Meeting	Rickingham Village Hall Activities Centre Activities Centre
Thursday 11th July	9.30 pm 12.30 pm 7.30 pm	RABBATS Phoenix Luncheon Club Rickingham W I - Open Meeting	Rickingham Village Hall Activities Centre Rickingham Village Hall
Friday 12th July	9.00 am 9.15 am 8.00 pm	Yoga. Booking essential on 01379 890955 Rickingham Ramblers. Coastal walk. Take a picnic. Tel : 897251. Dance Classes	Rickingham Village Hall Rickingham Village Hall Botesdale Village Hall
Saturday 13th July	9.00 am 9.00 am 10.00 am 10.30 am	Rickingham Farmers Market and Car Boot Sale Rickingham Parish Council Surgery at Farmers Market Church Open Wildlife Watch Group	Rickingham Village Hall The Cafe, Rickingham Village Hall St Mary's Rick & Chapel of Ease Redgrave Fen
Sunday 14th July	6.00 pm 6.30 pm	Zumba Mass in G Minor	Rickingham Village Hall St Mary's Church, Redgrave
Monday 15th July	2.00 pm 7.30 pm	Needlecraft Slimming World	Activities Centre Rickingham Village Hall

A women's group was discussing diet tips. When it was mentioned that getting enough exercise and sleep were just as important as watching food intake, one woman responded with surprise that sleep was a factor. Another replied, 'Of course sleep is a factor. The only time I'm not eating is when I'm sleeping.'

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Tuesday 16th July	9.30 am 6.00 pm 7.15 pm 7.30 pm 7.30 pm	Yoga. Booking essential on 01379 890955 Zumba Yoga & Relaxation Julie's Aerobics Progressive Whist Drive	Rickingham Village Hall Rickingham Village Hall Botesdale Village Hall Rickingham Village Hall Activities Centre
Wednesday 17th July	10.00 am 10.00 am 2.15 pm	Day Centre Redgrave Art Club Forget-me-not-Club	Rickingham Village Hall Activities Centre Farnish House
Thursday 18th July	9.30 am	RABBATS	Rickingham Village Hall
Friday 19th July	12 Noon 9.00 am 7.00 pm 8.00 pm	LATEST COPY DATE FOR COMBINED AUGUST/SEPTEMBER ISSUE ST BOTOLPHS SCHOOL BREAKS UP FOR SUMMER Yoga. Booking essential on 01379 890955 An Evening in Japan, illustrated talk Dance Classes	Rickingham Village Hall All Saints, Redgrave Botesdale Village Hall
Saturday 20th July	10.00 am	Church Open	St Mary's Rick & Chapel of Ease
Sunday 21st July	6.00 pm	Zumba	Rickingham Village Hall
Monday 22nd July	2.00 pm 2.00 pm 7.30 pm	Royal British Legion Women's Section. Tea Party Needlecraft Slimming World	Farnish House Activities Centre Rickingham Village Hall
Tuesday 23rd July	9.30 am 6.00 pm 7.30 pm	Yoga. Booking essential on 01379 890955 Zumba Julie's Aerobics	Rickingham Village Hall Rickingham Village Hall Rickingham Village Hall
Wednesday 24th July	10.00 am 10.00 am 7.30 pm	Day Centre Redgrave Art Club Heritage Circle	Rickingham Village Hall Activities Centre Rickingham Village Hall
Thursday 25th July	9.30 am 10.30 am 2.30 pm 7.00 pm	RABBATS Royal British Legion Women's Section Coffee Morning RAHOF Annual Cream Tea with Music Redgrave Garden Club Members Summer BBQ.	Rickingham Village Hall 7 Wheatfields, Rickingham Mill Meadow, Redgrave Fox Cottage, Redgrave
Friday 26th July	9.00 am 8.00 pm	Yoga. Booking essential on 01379 890955 Dance Classes	Rickingham Village Hall Botesdale Village Hall
Saturday 27th July	10.00 am	LAST DATE FOR OIL SYNDICATE ORDERS Church Open	St Mary's Rick & Chapel of Ease
Sunday 28th July	6.00 pm	Zumba	Rickingham Village Hall
Monday 29th July	9.15 am 2.00 pm 7.30 pm	Rickingham Ramblers. Gislingham. Tel : 788949 Needlecraft Slimming World	Rickingham Village Hall Activities Centre Rickingham Village Hall
Tuesday 30th July	9.30 am 12 noon 2.00 pm 6.00 pm 7.30 pm	Yoga. Booking essential on 01379 890955 Redgrave Luncheon Club. Ring 898615 on 29th for vacancies. Family Event - Pond Dipping. Booking essential 688333 Zumba Julie's Aerobics	Rickingham Village Hall Activities Centre Redgrave Fen Rickingham Village Hall Rickingham Village Hall
Wednesday 31st July	10.00 am 10.00 am 10.00 am 2.15 pm	Day Centre Redgrave Art Club Activity Day for 6-10 year olds. Booking essential on 688333 Forget-me-not-Club	Rickingham Village Hall Activities Centre Redgrave Fen Farnish House

A father was approached by his small son, who told him proudly, "I know what the Bible means!" His father smiled and replied, "What do you mean, you 'know' what the Bible means?"

The son replied, "I do know!" "Okay," said his father. "So, son, what does the Bible mean?"

"That's easy, Daddy. It stands for "Basic Instructions Before Leaving Earth."