

LAUNCESTON REGULAR EVENTS LIST

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A free and effective way to give your event more publicity

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**To advertise your own event,
just register with the website,
log in and post details.**

www.launceston-2020.co.uk

| Day | Event | Location |
|------------------------------|---|--------------------------------|
| Every Monday | PILATES CLASSES 0930-1030 Martin ☎07812959879. Other classes in surrounding parishes. martin@northcornwallpilates.co.uk www.northcornwallpilates.co.uk | Launceston Golf Club |
| Every Monday | CHILDREN'S FUN CLUB (FREE) 1030-1130 Parachute & bubble games, fun craft, music. | Bridge Community Centre |
| Every Monday | ACCESS THEATRE 1230-1600 Performing arts group supporting individuals with disabilities Sarah Pym ☎ 07807984753 | Launceston Town Hall |
| Every Monday | CONNECT STROKE SUPPORT – DROP IN CAFÉ 1400-1530 contact Connect for details ☎07971 768805 | Fontenella Cafe |
| Every Monday | INSANITY 1800-1900 Cardio Exercise All abilities mikecharlwood@gmail.com ☎07779045088 www.priority1fitness.co.uk | St Johns Ambulance Hall |
| Every Monday | ZUMBA FITNESS WITH HELEN DEGG 1800-1900 No booking required, beginners welcome £4 ☎07948 308110 or email helen@degg.co.uk | Launceston Town Hall |
| Every Monday | LAUNCESTON BADMINTON CLUB 1900-2130 All welcome, first night free. Contact Michael - M.Maynard22@yahoo.com or Oliver newquaysports@aol.com | Launceston College Sports Hall |
| Every Monday | PILATES FUSION (FUSION OF YOGA, PILATES & BALLET) 1915-2015 Booking essential Kerry Jo ☎01566780401 | Bridge Community Centre |
| Second Monday of each month | YETH AN WERIN – CORNISH CONVERSATION GROUP 1930-2130 All Welcome! | The Bell Inn |
| Every Tuesday | LIBERTY HOUSE BABY AND TODDLER GROUP 1000-1200 Snack always available. Everyone welcome No unaccompanied children. Jean ☎01566776172 £2 | Liberty Suite Jericho's |
| Second Tuesday of each month | CRUSE BEREAVEMENT CARE 1100-1300 Group support delivered by trained volunteers | Town Hall (Otho Peter Room) |
| Every Tuesday | CHILDREN'S FUN CLUB (FREE) 1030-1130 Parachute & bubble games, fun craft, music. | Bridge Community Centre |
| Second Tuesday of each month | LAUNCESTON WOMEN'S INSTITUTE 1400-1600 New members welcome. Wendy Smith ☎01566782204 or Rosemary McClenaghan ☎01566776365 | Liberty Suite Jericho's |
| Every Tuesday | LAUNCESTON JUNIOR BADMINTON CLUB Beginner 1700-1800 Intermediate 1800-1900 from £2.50. First week free. Kerry ☎07504952565 ksillifant@hotmail.co.uk | Launceston College Sports Hall |

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| Every Tuesday | ACTIFIT - DYNAMIC FITNESS SOLUTIONS 1800: Pole Gymnastics, 1900: Aerial Yoga vherry@hotmail.com ☎07581699047 www.ActiFit.wix.com/page | Lifton Coronation Hall |
| Every Tuesday | ZUMBA FITNESS WITH HELEN DEGG 1930-2030 No booking required contact ☎07948 308110 | Launceston College |
| Every Tuesday Term Time | THE LAUNCESTON ORCHESTRA 1900-2045 Everyone welcome, no auditions, just for fun. Contact Elizabeth Ashford 01566782218 elizabeth@lowfield.com | Launceston College |
| Every Tuesday | POPCHOIR 1930-2100 No auditions, no experience required, adults only www.popchoir.com to book your free taster session | Launceston Town Hall |
| Fourth Tuesday of each Month | LAUNCESTON ELECTRONIC ORGAN CLUB 1930-2215 Concerts from performers country wide | White Hart Hotel |
| Every Tuesday | LAUNCESTON FOLK DANCE CLUB 2000-2200 All ages and abilities warmly welcomed. Contact Anna Reade ☎01566 774400 for info. £2 | St Johns Ambulance Hall |
| Every Wednesday | PILATES 0930-1030 Central Methodist & 1830-1930 St Johns Ambulance Rachel Vaughan ☎07775922745 to book. £7 | Central Methodist/St Johns Ambulance |
| Every Wednesday | RBL COFFEE & COMPANIONSHIP DROP-IN 1000-1200 Open to everyone, FREE | Edymead Westgate Street |
| Every Wednesday | MUSICAL FARMHOUSE 0930 & 1100 Book ☎08445678022 jo@themusicalfarmhouse.com | The Cricket Ground PL15 9LG |
| First Wednesday of month | RBL COUNTY WELFARE POP-IN CLINIC 1030-1430 FREE | Edymead Westgate Street |
| Every Wednesday | LAUNCESTON TOWN BAND MEAL DEAL LUNCH 1200-1400 Homecooked main, sweet & drink for £6.50 Large groups catered for but booking essential. Ann ☎07814565944 | The Bandroom Bounsalls Lane |
| Second Wednesday of month | LANGORE LIGHT LUNCH 1200-1400 Free parking. Children welcome. £3. | Langore Village Hall |
| Every Wednesday | ROC POOL CLUB 1300-1500 Club for anyone to play pool. FREE | ROC Café Gateway Centre |
| First & Third Weds of month | LANGORE CRAFT AFTERNOONS 1330-1530 Open to all. Call Jenny ☎01566 773206 £1 | Langore Village Hall |
| Every Wednesday | ROC MINI AFTER SCHOOL CLUB 1530-1700 Ages 4-11. All staff DBS checked. FREE | ROC Café Gateway Centre |
| Every Wednesday | PIYO LIVE! (PILATES/YOGA LOW-IMPACT TRAINING) 1745-1830 mikecharlwood@gmail.com ☎07779045088 www.priority1fitness.co.uk | Gateway Centre |
| Every Wednesday | ZUMBA FITNESS WITH HELEN DEGG 1800-1900 No booking required contact ☎07948 308110 | St Stephens Church Hall |
| 1 st , 3 rd & 5 th Wednesday of month | TABLE TENNIS CLUB 1800-1900 All adults welcome. Terry ☎01566 778577 £2 | Edymead Westgate Street |
| Every Wednesday | KETTLERCISE 1830-1930 mikecharlwood@gmail.com ☎07779045088 www.priority1fitness.co.uk | Gateway Centre |
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| Every Wednesday | LAUNCESTON CASTLES CHESS EVENING 1900-2100 All levels welcome FREE ENTRY | Firebrand Restaurant & Bar |
| Every Wednesday | OPEN MIC NIGHT WITH THEMED MENU Music starts 1900-2000. Free meal for performers | The Countryman Inn |
| First Wednesday of Month | ST STEPHENS BY LAUNCESTON WI 1915-2130 Come and join the friendly & welcoming group! | St Thomas Church |
| Every Wednesday | BACKGAMMON CLUB 1930 -2130 All abilities welcome. www.lansongammon.org | Pint & Post Pub St Giles on the Heath |
| Every Wednesday | LAUNCESTON KARATE CLUB 1930-2130 All welcome www.skkif.co.uk | Crunch Gym PL15 9HS |
| Second Wednesday each month | OLD CORNWALL SOCIETY 1930-2100 All welcome. www.oldcornwall.net. £5 p/a | Edymead Westgate Street |
| Every Wednesday | LAUNCESTON MEDITATION CLASSES 1930-2045 £6 Drop-in classes. For info call ☎01752 224 137 Ashoka Kadampa Buddhist Centre | Liberty Suite (Jericho's top floor) |
| Every Thursday | HOOKED ON MUSIC - ACTIVITY GROUP FOR 0-5YEARS 0930 & 1100. Structured & themed play sessions. Sara Waring ☎07897429276. £6 (Free 1st session) www.hooked-on-music.co.uk | St Thomas Church Hall |
| Every Thursday | HEALTHWISE CLUB (CARDIAC REHABILITATION EXERCISE) 0945-1100 & 1115-1230 Mel Weldon ☎07967 790458 £5 | Launceston Town Hall |
| Every Thursday | KNIT AND NATTER 1000-1130 Weekly drop in group. FREE ENTRY | ROC Café Gateway Centre |
| Every Thursday | ST STEPHENS CHURCH COFFEE MORNING 1000-1130 Everyone welcome FREE ENTRY | St Stephens Church Hall |
| Second Thursday each month | ALTARNUN CHURCH MONTHLY LUNCHES 1000-1500 Free parking. Proceeds to the church. | Altarnun Church Hall |
| Every Thursday | OAP'S HOT LUNCH AND PUDDING 1200-1230 Group bookings ☎07896521212 £4.00 | Gateway Centre |
| First Thursday of Month | PARKINSON'S SUPPORT GROUP 1400-1600 Monthly drop-in session ☎01566785798 | Launceston Town Hall (Otho Peter Room) |
| Thursdays Term Time | OKSIGEN THEATRE – DRAMA & ACTING CLASSES Classes run between 1600&2000. ☎01566782496 mail@oksigen Theatre.com £3.50-£4.50 Ages 4-adult | Launceston Town Hall |
| Every Thursday | 'SHAKES' CLUB 1515-1730 All welcome aged 11-16. Inc free computers, table tennis, Wii, Wi-Fi & table football. FREE ADMISSION | ROC Café Gateway Centre |
| Second Thursday of Month | LAUNCESTON STAMP CLUB Trading 1830-1930. Speaker 1930. Subscription £8/£2.50 | Edymead Westgate Street |
| Every Thursday | YOGA 1830-2000 Beginners welcome, suitable for all. £5.00 Ali ☎01288 361141 or 07871195036 alnphill@yahoo.com | North Petherwin Parish Hall |
| Every Thursday | FUNKY FIT – DANCE AEROBICS 1915-2015 Suitable for all ages and abilities. £4.00 Kerry-Jo ☎01566780401 www.funkyfit.webs.com | Lifton Coronation Hall |

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| Every Thursday | LAUNCESTON CORNISH LANGUAGE CLASS 1930-2130 Emphasis on enjoyment and informality Suitable for all levels. Tim Hambly ☎01566 773716. | Central Methodist |
| Third Thursday of each month | DUNHEVED FLOWER AND GARDEN GROUP 1430-1600 ☎01566 776142. | Edymead Westgate Street |
| Second Thursday of each month | LAUNCESTON STAMP CLUB 1830-2030 £8 per annum, Juniors £2.50 | Edymead Westgate Street |
| Second Thursday of each month | FLOWERPATCH QUILTERS 1930 – 2130 From 10th September | Epworth Rm Central Methodist |
| First Thursday each month | ROYAL BRITISH LEGION BRANCH MEETING 1930-2100 All members welcome | Edymead Westgate Street |
| Third Thursday each month | ROYAL BRITISH LEGION WOMEN'S SECTION MEETING 1930-2100 All members welcome | Edymead Westgate Street |
| Every Friday | ROC – ADVICE SERVICE 0930-1130 Free advice: benefit forms, housing, CV's, etc | ROC Café Gateway Centre |
| Every Friday | COMMUNITY MARKET 0930-1300 FREE ENTRY | Central Methodist Church |
| Every Friday | ST MARY MAGDALENE CHURCH HALL MARKET 0930-1230 Indoor Market FREE ENTRY | St Mary Magdalene Church Hall |
| Last Friday of each month | U3A COFFEE MORNING 1030-1230 Come & find out how to get involved with over 40 local U3A groups. www.u3asites.org.uk/launceston | Central Methodist Church |
| Every Friday | CHILDREN'S FUN CLUB (FREE) 1030-1130 Parachute & bubble games, fun craft, music. | Bridge Community Centre |
| First Friday of each month | FLIC - BRINGING CINEMA TO LAUNCESTON Doors at 1900. Ticket prices usually £5 Adults, £4 Conc in advance from TIC or on the door www.fliclaunceston.co.uk | Launceston Town Hall |
| First Saturday of each month | BOOK SALE 0900-1200 Thousands of books + other stalls. 50p entry | St Stephen's Church Hall |
| Second Saturday of each month | GIANT BRIC-A-BRAC, JUMBLE AND BOOK SALE 0900-1200 Bric-a-brac, Jumble, toys. 20p entry | St Stephen's Church Hall |
| Every other Saturday (from 6 Feb) | ROYAL BRITISH LEGION BREAKFAST CLUB 0930-1230 Good food, good company & banter | Edymead Westgate Street |
| Every Saturday (term time) | LAUNCESTON YOUTH THEATRE 0930-1100 (8-12 years) 1130-1330 (13-18years) launcestonyt@gmail.com | St Johns Ambulance Hall |
| Second Saturday of each month | LAUNCESTON MARKET IN THE SQUARE 1000-1500 Mixed stalls and local produce ☎01566772321 | Launceston Town Square |
| Fortnightly Saturdays | LAUNCESTON MEMORY CAFÉ 1400-1600 Friendship & support living with dementia | Central Methodist Church |

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