

TWIGS January Report – Alternative Fitness Session – Glass Lifting

Our January workout proved to be not quite the strenuous keep fit session we had imagined. Sadly we were unable to participate in our tour of the ladies gym ‘Curves’ as our ‘instructor’ was ill that evening!

It is always good to have a ‘Plan B’, and even better when the ‘Plan B’ is actually part of the original ‘Plan A’! Instead of adjourning to the Folly Wine Bar after our work out we headed straight there and participated in lifting a glass or two instead of weights! A thoroughly enjoyable evening and no aches or pulled muscles!



TWIGS (Greatham WI) The Women In Greatham Socialising

We usually meet on the last Wednesday of each month
at 8pm in the Church Hall – but not always!

Our next events are

25th April – A talk on ‘The History of Underwear’ by Ruth King
23rd May – AGM & preparation for Greatham Fun Day

If this is ‘your kind of thing’ why not come along for the evening...
you don’t have to already be a member...just give **Christine** a call on **01428 712593**
(we know that’s not a Greatham phone number ... you don’t have to live in Greatham to join in the fun!)
We look forward to seeing you