

# Centre Points fca



#### Frodsham Players A Man for All Seasons 1<sup>st</sup> to 4<sup>th</sup> April

Where does a man's loyalty lie? To his king, his god, or his own soul? A modern masterpiece, this tense play of conscience and political intrigue follows the tragic rise and fall of Sir Thomas More, Chancellor to King Henry VIII, in one of the bloodiest and most disruptive periods in our history. As England seeks to break with the decaying and corrupt Roman Church, can a great statesman remain true to himself even as his own country sinks into authoritarianism? Find out by coming to the Frodsham Players' Spring production of A Man For All Seasons.

1-4 April at 7.30pm in Frodsham Community Centre (Box Office: www.frodshamplayers.com / 07775 211 836).



**Slow Flow Yoga** 

Welcome a sense of ease into your week. Join us on Wednesday evenings at 7.30pm for a slow flow yoga class in Frodsham Community Centre. Each week is mindfully themed around yoga philosophy with stress management techniques. The class is a slow flow which is suitable for complete beginners to seasoned yogis. We'll flow through mindful movements intertwined with breath work, to welcome a sense of ease into your week. All the props are here, you just need to bring yourself.

Give yourself the gift of calm! Save your space here: https://gymcatch.com/app/provider/7286

#### WEAVER WORDS FESTIVAL 3<sup>rd</sup> - 11<sup>th</sup> MAY 2025 Here are some of the stars of the show See our Website www.weaverwords.org.uk

Jenny Eclair

Lemn Sissay Louise Minchin



Gerald Dickens



#### Frodsham Music & Arts Group

We are into the final third of this seasons programme. Doors open at 7pm and there is a bar to purchase a drink before the music starts at 7.45pm. For non-members it is £10 cash on the door or why not become a member on the night and get all 3 for only £18!

14th March: Vale Royal Singers with a 'Choral Extravaganza' directed by Margaret Corlett. Expect a wide ranging classical collection from this top quality vocal ensemble.

11th April: Sue Barker Annual Concert, 'The Wilde Recital'. After last seasons brilliance Andrew just has to return with Chopin and more

16th May: Jazzectomy with 'Let's Liven up the Night!' A mix of Jazz, swing, soul and good time music to end the Season.

The 25/26 season begins on the 26th September, nine evenings of varied live performance for just  $\pm 18$  for the year with nothing more to pay!

Please see the Music & Arts facebook page for more details or email:

frodshammusicandarts @musicinchester.co.uk

### How to make your home warmer and reduce bills



200 Club Winners - Feb 25						
No	6	Phil Dean	£50			
No 11	1	John Corfield	£25			
No	7	Greg Jones	£15			
No 11	0	John Wharne	£15			
You have to be in it to win it Pick up an entry form at the Centre						
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Registered Charity 520051



## **Frodsham Community Centre**

Fluin Lane, Frodsham WA6 7QN

01928 732222

centre.frodcomm.org.uk

<b>Sat 1 Mar 25</b> 09:00 AM	Go Tournament	Go Tournament	07816 200512 p.a.ridley@gmail.com
<b>Mon 3 Mar 25</b> 10:30 AM	Meet & Eat	Meet & Eat	07491 316564 david.leslie3@gmail.com
<b>Thu 6 Mar 25</b> 07:00 PM	Frodsham WI	Healthy Aging	01928 732761 vivienshaw@btinternet.com
Wed 12 Mar 25 07:00 PM for 07:30 PM	Evening Flower Club	Cherry Cabin Florist	07761 022871 griffithseleanor96@gmail.com
<b>Fri 14 Mar 25</b> 07:00 PM for 07:45 PM	Music & Arts	Choral Extravaganza	07468 566168 Facebook Frodsham Music and Arts
<b>Tue 18 Mar 25</b> 06:30 PM	Climate Action	Beginners Guide to Retrofit	01928 733930 ruthbasden5@gmail.com
<b>Thu 20 Mar 25</b> 01:45 PM	U3A	AGM followed by Disasters	07805 925209 jayneappleton@aol.com
<b>Mon 24 Mar 25</b> 07:00 PM	Gardening Club	Dahlias	01928 565600 woodpecker48@hotmail.com
<b>Tue 1 Apr - Fri 4 Apr 25</b> 07:00 PM for 07:30 PM	FP Spring 25 - Show	A Man For All Seasons	07763 567361 www.frodshamplayers.com
<b>Thu 3 Apr 25</b> 07:00 PM	Frodsham WI	Forgotten Women Artists	01928 732761 vivienshaw@btinternet.com
Wed 9 Apr 25 02:00 PM for 02:30 PM	Cartoon Circus	Cartoon Circus	07906 854269 hello@cartooncircuslive.co.uk
Fri 11 Apr 25 07:00 PM for 07:45 PM	Music & Arts	The Wilde Recital	07468 566168 Facebook Frodsham Music and Arts
Sat 12 Apr 25 07:00 PM for 07:30 PM	Band Event	Acoustic Folk/Country	07794 430464 info@jaywalkers.co.uk