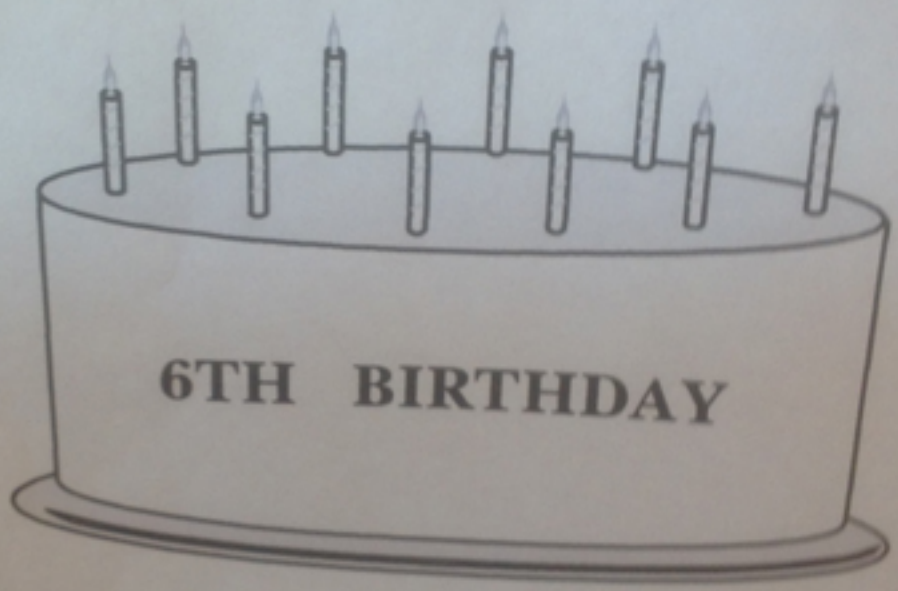
COFFEE MORNING



THURSDAY 23RD JANUARY

10 AM - 11 AM

VILLAGE HALL

COFFE, RAFFLE, BOOKS,
CAKES
BRIC -A-BRAC

Raspberry Almond
cupcakes.
LLANSANTFFRAI
COFFEE MOR
8TH BIRTHDAY
THURSDAY 28TH JANUAR
10 AM - 11 AM

STEPHEN LEATHER
CHRIS RYAN
LEE CHILD
NOTHING TO LOSE
DUNCAN FALCONER
UNDERSEA
DICTIONARY & THESAURUS
SEAL TEAM SIX
FOOTBALL

Llansanffraid
Leg Club

ANYONE living with leg problems is being invited to join Llansanffraid Leg Club.

Originally set up by district nurses in Llanfyllin six years ago, the purpose of the club is to help those living with

ailments such as leg ulcers and poor circulation by bathing, dressing and measuring for elasticated socks.

The volunteers who run the club have recently won an award for their work and a fitness instructor also visits to show members exercises they can do while sitting down.

The club meets every Thursday morning in Llansanffraid Village Hall from 8.30am-noon and anyone who feels they could benefit is welcome.

● For more information call secretary Joyce Dunwell on 01691 828274.