

Something for Everyone

Community Newsletter

November & December 2015



**Rainbow
Centre**
PENLEY

Inside:

Christmas
Fair

Enfys Café

Readers
Letters

Exercise
Classes

Day Centre

Lunch &
Learn

Bingo

Needle
Felting

Home Safety
Checks

Hair & Beauty
& More.....

The Penley
Rainbow Centre
at the heart of
the **community**

Rainbow Centres



Christmas Fair

Saturday 5th December 10am—2.30pm.

FREE ENTRY

10.00am—2.30pm

A selection of stalls for you to enjoy, selling handmade Christmas gifts, Jewellery & Food.

Events

10.30am—11.30am

*Come and meet snow sisters **Elsa** and **Anna** from*

FROZEN

Enjoy a sing along with plenty of time to take lots of photographs.

1.30pm

*The **Maelor Adult choir** will be performing some festive favourites. Join in for a Christmas sing along*



*Also available: **Mulled Wine, Festive Foods, Raffle & Enfys Café***

*Rainbow Centre, Whitchurch Road, Penley, Wrexham LL13 0GB
Tel: 01948 830730 www.rainbowcentrepnley.org.uk*



Visit our NEW website www.rainbowcentrepnley.org.uk

Enfys Café

The café will serve a selection of hot and cold foods freshly made using locally sourced produce. Wherever possible free range and organic ingredients are used. Homemade cakes and an assortment so freshly ground coffees and teas. Take away deals and student discounts.

During the winter season look out for our festive meals



Winter Opening Hours: Monday 10am -2pm Tuesday—Friday 9am-3pm

Christmas Opening Hours Closed Thursday December 24th re-opens Monday January 4th

Monday 10 am—11am
Coffee & Cake £2.75

Tuesday
Burger & Chips £3.00

Wednesday 2 pm -3 pm
Coffee & Cake £2.75

Thursday
20% off for over 60's

Friday
Mother/Father & toddler meal deal 20% off

Option to call your order through and then come and collect it Call: 07936571728

We accept payments by card and offer free Wi-Fi.

Readers Letter

???Something for Everyone???

Looking at the title of the newsletter “Something for Everyone”. Definitions: One = person = human being, male or female. Males and females together = people. People together socialise, share experiences and form friendships/networks, enabling a belonging in the larger society. This in turn generates a sense of self 'well-being'.

It's apparent from perusing this September and October's newsletter, that there is a lack of 'something for men'. Men are therefore wanted, to speak out and put forward their own thoughts/ideas for that exclusivity to be corrected. Don't just shrug your shoulders and soldier on, thinking the Penley Rainbow Centre (PRC) is only for the fairer sex, do something positive and bring a change for the benefit of EVERYONE.

There are organisations such as; the “Women's Institute groups” (Wig's) with only restricted access for men. Why not start a; People's Institute groups (PIg's) for all – slogan, “come trough with me”. Joking apart it would be beneficial to have a mixed social group nationally or locally.

So what do men like e.g. activities/projects/using experiences, knowledge and skills to help others or just a good whinge. How's about a Penley project to build a small one man hovercraft? Sound like fun.....

WE NEED YOU

please let us know what **YOU WANT**.

The PRC will act as a facilitator, to bring about the inclusion of men.

Note: This is not a criticism of the newsletter or editors, just a comment asking for men to correct the lost opportunity to include their interests the community.

ANON



Christmas Fact

The traditional three colours of Christmas are green, red, and gold. Green has long been a symbol of life and rebirth; red symbolizes the blood of Christ, and gold represents light as

EXERCISE CLASSES AVAILABLE @ RAINBOW CENTRE

Karate Every **Tuesday** 7pm – 8.30pm Age 5 to Adult. £2.50 per session



Swimming for the over 50's £1 per session



Available at Maelor School Penley
(term time only) Thursdays 2.30-3.30pm
Contact Jane to book 01948 830730



Zumba

Every Monday 7.30pm £5 per session

***Zumbathon

22nd November 12-5pm Lion Quays Spa

£10 per person in aid of **Hope House & MS Cymru**
Contact Tracy 07739430539 or Sheila 07496704231

DRU YOGA

A graceful and potent form of yoga based on the flowing of movement, direction and visualization Contact Trixi for more info on 01691 623829 Tuesday 7 –8.30pm (except 2nd Tuesday of the month) £7 Concessions £5



Pilates Every Wednesday 1.30 pm 2.30pm

All levels of ability welcome £4.50 per session



Penley Rainbow Centre Day Care Services



Open Monday, Tuesday, Wednesday and Friday
10.00am-4.00pm Transport Provided

A safe and friendly environment in which to spend the day, make new friends and learn new skills. Enjoy a freshly cooked meal. Pick up by the centres mini bus and taken home at the end of each day. For an informal chat please contact **Abie Tudor on 01948 830730**

Monday, Wednesday or Friday.

Mini bus is wheelchair accessible

Meals to you



Delicious home cooked food freshly made on the day and

delivered straight to your door for your Lunch, with an option of a sandwich and cake for your Tea, delivered together.

Available to **ANYONE** living in the areas of Penley, Hanmer & Overton.

Mondays, Wednesday and Friday.

We deliver between 12.30pm and 1.30pm

Try your first lunch for half price £2.25 (normally £4.50)

- **Lunch** = Two Course hot meal £4.50
- **Tea** = Freshly made sandwich and homemade cake £3.50

Call 01948 830 730 to order or for more information

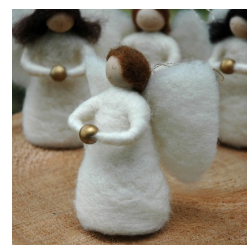
Lunch & Learn £15 to include a 2 course homemade meal and coffee. 10.30am—2.30pm

November 5th

Pen Drawing Techniques with Christine Matthews.

December—Felt Angels

Due to popular demand an extra date has been added to Decembers Felted Angels. 3rd December FULL. **10th December** some spaces still available to avoid disappointment please book ASAP on 01948 830730





& Raffle @ the Rainbow Centre

Tuesday 8th December 7.30 pm Start, Doors open at **7.00 pm**

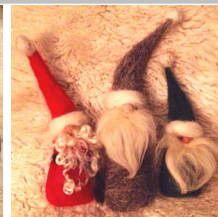
Tea and coffee will be provided you are welcome to bring your own alcohol if you wish.

Saturday 28th November 1pm—3.30pm @ Rainbow Centre.

Needle Felting Santa's with Coral Hughes

Limited spaces booking essential £10 per person.

Please book with Jane, Rebecca or Geraldine on 01948 830730



Gwasanaeth Tân ac Achub
Fire and Rescue Service

FREE Home Safety Checks

Penley Rainbow Centre are delivering Home Safety Checks in Wales. The service will be FREE of charge and you will be provided with FREE home safety equipment if necessary.

If you would like a Home safety check or to find out more about volunteering please contact the centre and ask for Jane, Geraldine or Rebecca for more information on 01948 830730.

Room Hire Birthday Parties, Meetings, Anniversaries, Christenings, Funerals and even Weddings - £35

We have a large multi- function room available for hire along with a smaller room if required please contact us for more details 01948 830730 or email admin@penleyrainbowcentre.co.uk



Kerry's Mobile Hairdressing

I am available at Penley Rainbow Centre Wednesday morning weekly at a discounted price or I can offer the service at your home. 22 years' experience, competitive prices

Call Kerry On **01978 780854**



Wendy Harrison Beauty Treatments

Available at Penley Rainbow Centre at discounted prices. Please call Wendy to book on **07717534658**

If you would like to have your event listed in Something for Everyone newsletter please contact us Tuesday—Thursday. 'Something For Everyone' is a bi-monthly newsletter. All content is printed in good faith and to the best of our knowledge all information is correct at time of printing and delivered to the Penley Village and surrounding areas by volunteers. Email: admin@penleyrainbowcentre.co.uk Tel: 01948 830730.

Contact Us

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1100479
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www.rainbowcentrepnley.org.uk



TAXI TENNANT TAXIS

NEW LOCAL BUSINESS BASED
IN PENLEY, WREXHAM

07719223734



MOTHER GOOSE NURSERY

Mother Goose, Unit 17, Penley Ind Est, Penley, Wrexham LL13 0LQ
WE OFFER THE FOLLOWING SERVICES TO YOU AND YOUR FAMILY

Affordable flexible Childcare
Outdoor Play Area / Secure Gardens
(Children Grow Own Veg)
Qualified & Friendly Staff / Homely Environment
Full & Part Time Spaces
Hourly Rate Opening Hours 7.30am - 6pm Mon-Fri
Holiday Club
Home Cooking & Baking
Discount For Siblings



FREE
Early Years
Entitlement
for 3 year
olds

For further
information
contact
Sarah Love or
Michelle Jones on

01948 830003

www.mothergoosenursery.org.uk