

# Something for Everyone

Community Newsletter

January 2015



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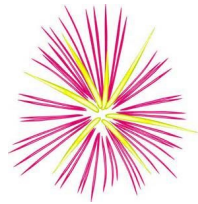
Please feel free to contact us with your feedback, suggestions, letters, comments, stories or pictures for the next issue in March.

Email:  
[amin@penleyrainbowcentre.co.uk](mailto:amin@penleyrainbowcentre.co.uk)

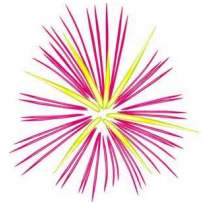
Tel:  
01948 830730

(More contact details on back page)

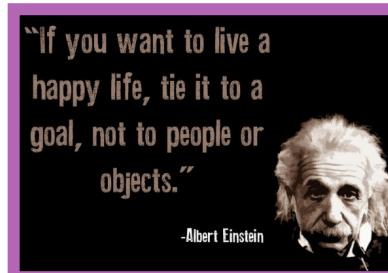
## Happy New Year 2015



**"ASK YOURSELF IF WHAT YOU'RE DOING TODAY IS GETTING YOU CLOSER TO WHERE YOU WANT TO BE TOMORROW"** -UNKNOWN



Revelry and resolutions have been essential to ringing in the New Year since 2000 B.C. when Babylonians held semi-annual festivals around the spring and autumn equinoxes. Back then, people marked the beginning of a New Year by paying off debts and returning borrowed goods. The practice carried over into Roman times with worshippers offering resolutions of good conduct to a double-faced deity named Janus, the god of beginnings and endings. When the Roman calendar was reformed, the first month of the year was re-named January in honour of Janus, establishing January 1 as the day of new beginnings.



## ENFYS CAFÉ JANUARY & FEBRUARY OFFERS

### Enfys Café January & February Offers:

Buy any hot drink get one **FREE** between 9-11 am.

Get a **FREE** kids when you kids meal



book buy a



**NEW** Children's play

### Winter Opening Hours 2015

Monday, Tuesday, Thursday  
& Friday 9am -2.30pm  
Wednesday 9am – 3pm

### New Winter Menu

\*Look out for monthly offers

WE LOVE  
OUR VOLUNTEERS

Penley Rainbow Centre would like to say a big thank you to all those people who volunteer there time for us. You do a fantastic job and all the people who's lives you touch are surely grateful. If you would like to volunteer with us or for another good cause 2015 could be your year.

**"WE MAKE A LIVING  
BY WHAT WE GET,  
BUT WE MAKE A LIFE  
BY WHAT WE GIVE."**

**-WINSTON CHURCHILL**

*"Volunteers don't  
necessarily have  
the time they just  
have the heart!"*



*Elizabeth*

*Andrew*

**"NEVER  
UNDERESTIMATE  
YOUR ABILITY  
TO MAKE SOMEONE  
ELSE'S LIFE  
BETTER**

**-EVEN IF YOU  
NEVER KNOW IT"**

**- GREG LOUGANIS**

*"Volunteers are not paid  
— not because they are  
worthless, but because  
they are priceless."*

*"By helping others,  
you will learn how to  
help yourselves."*

*-Aung San Suu Kyi*

*"Everyday is a new be-  
ginning. Treat it that  
way. Stay away from what  
might have been, and  
look at what can be."*

### Monthly Social Outings - 2015 April –June POWIS CASTLE

**Tuesday 14<sup>th</sup> April** - Pick up from 9.30am so if you can make your way to the centre that will be a great help. Don't worry we can also pick you up direct from your door

Total Cost £15.00 (£13.00 Entrance for Garden & Castle plus £2 fuel contribution) and then you will purchase your own lunch or snack or take along a picnic

#### LUNCH AT PISTYLL RHAEADR WATERFALL CAFÉ

A day trip to the Pistyll Rhaeadr Waterfall, the café overlooks the waterfall but there is a short walk from the café for anyone who wishes to go to the bottom of the waterfall or to climb to the top takes 20 minutes and if you wish to do that then you will need to be wearing suitable footwear

**Thursday 14<sup>th</sup> May** – Pick up will be 10am you can purchase your own lunch when we arrive and the cost towards fuel is £3

#### SPAVENS – Sweetshop Mold

Spavens is a sweet shop in Mold that does ceramic painting. Spavens has a relaxed atmosphere, you choose something to paint and then paint it, you can have pancakes and delicious ice cream and even help yourselves to the sweets yum yum

**Tuesday 9<sup>th</sup> June** – Pick up from 10.00 so if you can make your way to the centre that will be a great help. Don't worry we can also pick you up direct from your door

The price will range from £10 to £20 depending on which package you decide to do and will be discussed closer to the time

July - November Outings to follow if you would like to book a place or for more information please contact Jane 01948 830730

IT IS WITH MUCH SADNESS WE SAY GOODBYE TO KATHLEEN LOUGHLIN WHO PASSED AWAY ON 23RD DECEMBER 2014. KATH STARTED WORKING FOR THE RAINBOW CENTRE IN JUNE 2001 AND ONLY RECENTLY RETIRED ON HER 65TH BIRTHDAY AT THE END OF NOVEMBER 2014. KATH BROUGHT FUN AND VARIETY TO THE CLIENTS SHE CARED FOR. SHE LOVED BINGO AND WOULD ALWAYS ORGANISE OUR FUNDRAISING BINGO NIGHTS, BRINGING ALONG LOTS OF HER FRIENDS. HER SENSE OF HUMOUR AND CARING PERSONALITY WILL BE GREATLY MISSED BY ALL HER FRIENDS AND COLLEAGUES HERE AT THE CENTRE. WE SEND OUR HEART FELT SYMPATHY TO HER HUSBAND ROBERT AND FAMILY.



## Lunch & Learn 2015



1st Thursday of the Month

10.30 – 2.30pm **£15** for 2 courses course meal, coffee and activities **£6.50** for 2 courses and coffee 12 – 1pm

5th February

Print Making – Dry Point with Alex McIntosh

5th March

Polish Easter Egg Decoration with Rebecca Cupit

2nd April

Wet felt making soap with Coral Devlin

7th May

Introduction into Pastel Drawing with Christine Matthews

4th June

Singing Workshop – learn singing techniques and song writing with Trixi

2nd July

Art appreciation and working in the subject style of the artist with Christine Matthews

6th August

All about wool – needle felting and exploring different wools with Coral Devlin

3rd September

Ceramics with Rebecca Cupit

1st October

Paper Sculptures with Rebecca Cupit

5th November

Pen Drawing Techniques with Christine Matthews

3rd December

Decorating your Christmas Cake effectively with Icing with Rebecca Cupit

Booking is **ESSENTIAL** to ensure your place 01948 830730

Penley Rainbow Centre, Whitchurch Road, Penley, Wrexham, LL13 0GB





D-Day Celebrations



Enfys Cafe



FREE Swimming



Community Fun Day



Monthly Social Outings



Lunch & Learn



Mother & Toddler



Weekly Wednesday Pilates





Nordic Walking



Karate



Bi-monthly Wednesday Knitting Group

# A Successful 2014



Monthly Sunday  
High Tea at Home



Olive  
Whalley  
Celebrating  
her 100th  
Birthday in  
the Day  
Centre 26th  
November



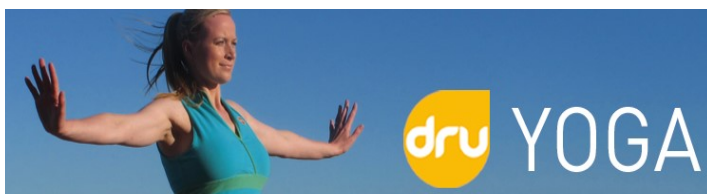
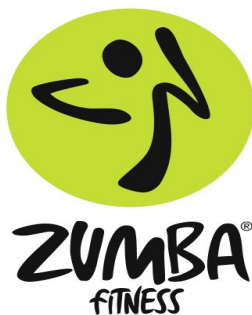
Community Garden



Christmas Fair with Demonstrations



Play Project





# Community Events Page

## Mobile Library Service

Friday every three weeks 2015 dates

Penley Rainbow Centre 2.15-3.15pm

February 20<sup>th</sup>

March 13<sup>th</sup>

April 24<sup>th</sup>

May 15<sup>th</sup>

June 5<sup>th</sup> & 26<sup>th</sup>

July 17<sup>th</sup>

August 7<sup>th</sup> & 28<sup>th</sup>

September 18<sup>th</sup>

October 9<sup>th</sup> & 30<sup>th</sup>

November 20<sup>th</sup>

December 11<sup>th</sup>



## Beauty

**Wendy's Beauty at Rainbow Every Friday**

Ranging from Eye, Hands and Feet Treatments.

Waxing, Make up, St Tropez and Holistic Treatments.

Eye lash tint	£4.00
Eye Brow Tint	£3.00
Wax and Shape	£4.00
All three	£10.00
Manicure	£9.00
Pedicure	£9.00
File and Polish	£6.00
Shellac	£12.00
Full leg Wax	£11.00
Half Leg Wax	£7.50
Bikini Wax	£4.00
Underarm Wax	£4.00



More treatments available.

Please contact Wendy for more information and to book a treatment on 07717534658

## Chiropodist

Visiting Chiropodist at the Rainbow Centre every 5 weeks. Ray Pencavel (MSSCh, MBChA)

To make an appointment call Abie on 01948 830730



## Mealor School– Community Activities

**Badminton** is available in the Sports Hall to the local community on Thursday evenings

7pm to 8pm at a cost of £3.00 per

person. First come, first served basis. Appropriate, non marking footwear must be worn and Under 18's must be accompanied by an adult.



**Drama** is held after school on a Friday 3.45pm to 5.45pm and costs £3.50/session. It is led by Mrs Clare-Louise Rhys-Jones who has vast experience in theatre productions.

**Athletics Club** takes place in the Mealor School Sports Hall. 3.30pm to 4.30pm for Mealor School pupils and 4.45pm to 5.45pm for Primary School pupils (age 7+). ONLY £1 PER SESSION. Sports kit required for indoor training until Easter.

**Hockey Club** takes place in the Mealor School Sports Hall. 3.30pm to 4.30pm for Mealor School pupils and 4.45pm to 5.45pm for Primary School pupils. ONLY £1.50 PER SESSION. Sports kit required for indoor training and games.

The sports hall is available to hire out to sporting clubs during term time only. For more details please contact Audrey Stewart at the school on **01948 830291**

## Knit & Natter @ Rainbow

10am-12pm

All ages and abilities welcome

1<sup>st</sup> & 3<sup>rd</sup> Wednesday

every month

£1.50 to include tea/  
coffee & biscuit



## 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



## Maelor Music Society 2015 Programme

Tickets: subscription for five concerts £36; Students £6. For non-members £10 per concert; Students £2. Under 16s Free. Concerts take place in The Maelor School Main School Hall.


For further details on the Maelor Music Society please contact Georgina Mason at [gmemcloy@yahoo.co.uk](mailto:gmemcloy@yahoo.co.uk) or on 01978 710486.

Or visit Maelor school website community page  
[www.maelorschool.org.uk/community](http://www.maelorschool.org.uk/community)

**Wed 4 Feb 2015, 7.30pm - PIANTEL - HARP AND PIANO DUE.**

**Wed 25 Feb 2015, 7.30pm - TRIO CLASSICO.**

**Wed 25 Mar 2015, 7.30pm - SEVERN WIND QUINTET.**



**CASINO & CABARET NIGHT**

At Penley Village Hall  
7pm Saturday 24th January 2015

Dress to Impress

Tickets £10  
Includes: Casino, Cold Buffet & Live Music

Tickets from Penley Stores or Village Hall  
Committee Members

[www.Facebook.com/PenleyVillageHall](http://www.Facebook.com/PenleyVillageHall)



### Maelor Belles WI

Membership £36 for year visitors £4

Make-Up Masterclass with Nicola Cox – demonstration and interactive talk on making the most of your make up, plus professional tips and tricks. Bring along your own make up bag or cosmetics to get tailored advice on how best to use specific items or the whole lot.. Competition – The funniest Valentine poem, which can be written by yourself or found in a card or online

Email: [TheMaelorBelles@gmail.com](mailto:TheMaelorBelles@gmail.com) Tel: Gemma Witchalls- Secretary 07747127656

Facebook: [The Young Ones](https://www.facebook.com/TheYoungOnes)

**February 13<sup>th</sup> 7.15 White Horse Inn Overton On Dee (Function Room)**

## **EXERCISE CLASSES AVAILABLE @ RAINBOW CENTRE**

### **Karate**

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



### Pilates

Every Wednesday 1.30 pm – 2.30pm @  
Rainbow Centre  
All levels of ability welcome  
£4.50 per session



### **Free Swimming for the over 50's**



Thursday 11.45 am—12.45 pm  
(term time only)  
Available at Maelor School Penley  
Contact Jane to book 01948 830730

### **NEW ZUMBA**

Every Monday Night 7.30 pm £5.00 per session  
For more information call Tracey on 07739430539 or  
Sheila on 07989707692

### **STRICTLY DANCING**

Learn all the TV's Strictly Dances and more.  
**Thursdays 7.30-8.30pm . £5 Per Person**

### **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  
and Wednesday 7 –8.30pm (except 2nd Tuesday of  
the month) £7 Concessions £5

### Room Hire

Birthday Parties, Meetings, Anniversaries, Christenings, Funerals and even Weddings  
We are a large multi- function room available for hire along with a smaller room and the kitchen if required  
please contact us for more details 01948 830730 or email [admin@penleyrainbowcentre.co.uk](mailto:admin@penleyrainbowcentre.co.uk)



# Rainbow Centre Christmas Fair 6th December 2014

We would like to thank everyone who helped make our Christmas Fair such a great success. Everyone had a lovely day, the Children went to see Santa and his very helpful Elf! There was plenty of different stalls where people bought some beautiful gifts and treats for themselves. The practical Christmas demonstrations throughout the day offered many creative ways to help you prepare



for Christmas. A wonderful Raffle was held with lots of prizes, many thanks to all those who donated prizes. The day ended with the Maelor Adult Choir singing Christmas carols which really got everyone into the Christmas Spirit. A huge thank you to all the choir members for attending.



Splash Magic Leisure Centre - Llangollen Road, Acrefair, Wrexham, LL14 3HL

## Casual Use Activity Costs

### Swimming

Adult	£ 4.70
Junior (4 to 16 Years) <sup>[1]</sup>	£ 2.90
Concession (Senior / Student / Disabled & Off Peak) <sup>[2]</sup>	£ 2.90
Family (2 adults & 2 junior)	£ 10.00

### Gym & Sauna

Adult	£ 7.00
Junior (8 to 16 Years)	£ 3.00
Concession (Senior / Student / Disabled)	£ 3.80
Health Suite (Steam Room / Sauna)	£ 5.50

### Fitness Classes

Instructor Led Fitness or Aqua Class	£ 5.00
Aqua Natal	£ 2.95
Aqua Seniors	£ 2.95

### Climbing Wall

Adult (2 hours)	£ 10.00
Junior (1 hour)	£ 4.00

### Additional Activities

Sports Hall Rental (45 mins)	£ 30.00
Squash Court Rental (45 mins)	£ 5.00
Table Tennis Rental (45 mins)	£ 2.50
Badminton Court Rental (45 mins)	£ 7.50
Stage / Under Stage Rental (45 mins)	£ 20.00

<sup>[1]</sup> Children under 8 years old must be accompanied by an Adult

<sup>[2]</sup> Off Peak Membership allows access to the centre facilities between 10:00 and 17:00 / Senior is 60+ years / Student & Disabled members require proof of entitlement



## Chartered Accountants and Business Adviser

Adviser

Of-

fices at: Ellesmere, Oswestry and Llangollen

Tel: 01691 622098

Email: [partners@morriscook.co.uk](mailto:partners@morriscook.co.uk)

[www.morriscook.co.uk](http://www.morriscook.co.uk)



## Contact Us

Give us a call for more Information about our services and products

**Rainbow Centre,**  
Whitchurch Road, Penley,  
Wrexham LL13 0GB (Sat  
Nav use LL13 0LH)  
01948830730

Email:

[amin@penleyrainbowcentre.co.uk](mailto:amin@penleyrainbowcentre.co.uk)

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