

The Hebdon Diary

THE FREE GUIDE TO WHAT'S ON IN UPPER CALDERDALE
covering Hebdon Bridge, Todmorden, Mytholmroyd & surrounding villages

SEPTEMBER 2009

WHAT'S ON THIS MONTH

Day	Event	Time	Location
TUE 1	Photographic Exhibition: Journeys to Ladakh, free (all September not Sundays)	8am - 3pm	Station Café, Hebdon Bridge
	Write Out Loud: open mic poetry evening, turn up & watch or read, free	8pm	Hole In t' Wall, Hebdon Bridge 07791 074250
	Tod Moot: Pagan-themed discussions, call for more details	9pm	Golden Lion, Todmorden 07588 722919
	Steps Programme: spiritual teaching, £5	7pm	Hope Centre, Hebdon Bridge 01422 842424
WED 2	Wadsworth Women's Institute: Quiz night and supper	7.30pm	Old Town Cricket Club, nr Hebdon Bridge 01422 842623
	Hebdon Bridge Library Reading Group: restarts 7th October, free	7.30pm	Hebdon Bridge Library 01422 844748
	Todmorden Writers Group: free (also 16th & 30th)	7.30pm	Pulse Café Bar, Todmorden 01706 817010
	Todmorden Conservation Group: planning & development issues	7.45pm	Todmorden Community Offices 01706 839656
THU 3	Calder Valley Auction: antiques & collectables, (also 17th)	12pm	Fairlea Mill, Luddendenfoot 01422 886648
	Reggae night: with Anonymous sounds, (also 17th)	8pm	Pulse café, Todmorden 01706 817010
	Bring out your gypsy within and DANCE! Balkan gypsy dances, £5	7.30pm - 9.30pm	Riverside School, Hebdon Bridge 01422 843000
	An Introduction to the Grinberg Method®: Phone for details	Evening	Caroline 07968 731521
FRI 4	Open Mic: "Name in Brackets" & "Sentimentalists" (also 18th & 25th)	8pm	Pulse café, Todmorden 01706 817010
	The Good Old Boys	9pm	Hole int' Wall Pub 01422 845771
	Motion Theory + The Bambinos: "loungie metal" + upbeat indie band, £5/7	9.30pm	Trades Club, Hebdon Bridge 01422 845265
	Homeopath: free Consultation (fortnightly) and 18th (Also alt Sats)	Ring for details	The Bear, Todmorden 01706 813737
SAT 5	Grinberg Method Workshop: Don't Let Anger Consume You - Make it Serve Your Aims, (Phone for details) All day	9am	Caroline 07968 731521
	Men's Breakfast: with guest speaker, £2.50 (inc full breakfast)	7.30pm	White Swan, Hebdon Bridge 01422 844650
	Yoga Workshop: includes refreshments, £20	10am-1pm	Hope centre, Hebdon Bridge 01422 842424
	Blackshawhead fete: A grand afternoon out for everyone, £1/50p	1.30pm - 5.30pm	Fete field, Blackshawhead 01422 847190
SUN 6	The Hebdon Signers: British Sign Language Practice Group, free	3pm	B@r Place, Hebdon Bridge Dealpower@gmail.com
	The Mighty Axis Sound System: Funky reggae party with Dr Huxtable, £3	8pm-late	Marshalls Bar, Hebdon Bridge 07980 394648
	Modeliste	9pm	Hole int' Wall Pub 01422 845771
	Antiques & Collectors' Fair: 60p/40p	8am-4.30pm	Mytholmroyd Community Centre 01484 721013
MON 7	Why Not Consider Becoming a Practitioner of the Grinberg Method? (phone for details), Morning	9am	Caroline 07968 731521
	Farmers' Market: £20/stall (also 20th)	10am-4pm	Lees Yard Car Park, Hebdon Bridge 01706 819731
	Sacred Song Gathering: all welcome, £6	2-4.30pm	Hope Centre, Hebdon Bridge 01422 842424
	Summer Salsa Social: warm up class from 7-8pm & social salsa from 8-11pm, £5	7pm	Trades Club, Hebdon Bridge 01422 845265
TUE 8	Open Mic Night	8pm	Nelsons Wine Bar, Hebdon Bridge 01422 844782
	The Hole Note Acoustic Club	evening	Hole In t' Wall, Hebdon Bridge 01422 845771
	Creative Courses & Weekend Workshops: enrolment night (classes from 14th),	7pm-9pm	Northlight Art Studios, Hebdon Bridge 01422 845319
	Evolving Minds: emotional wellbeing with an interactive art workshop, donations	7.30-9.30 pm	Upstairs (Stubbing Wharf Pub) 07984 480224
WED 9	Second Organic House Readers' Group: full at the moment, free (call for details)	10am	Organic House Café, Hebdon Bridge 01422 844748
	Carers Support Group: transport & sitter costs can be arranged	10.30am-1pm	GP Practice, Todmorden 01422 369101
	Heptsats jive club swing jive classes: new classes start September 8th, £5	7.15pm	Upstairs, Hole int' Wall, Hebdon Bridge 01706 814996
	Todmorden Library Readers' Group	7.30pm	Todmorden Library 01706 815600
THU 10	Arthur Smith + Mundo Jazz: comedy legend, £17/£15	9pm	Hebdon Bridge Picture House (Trades) 01422 845265
	Blues night	Evening	Cross Inn, Heptonstall 01422 847563
	Pennine Piperholics: meet-&-play session of local pipers	9pm	Fox & Goose Inn, Hebdon Bridge 01422 842649
	Great Green & Ethical Trade Market weekend 1: til 13th	all day	Bramche Square, Todmorden 07931 199851
FRI 11	Hello Sailor: Hebdon Bridge's own Burlesque night £5/£7.50	8.30pm	Trades Club, Hebdon Bridge 01422 845265
	Rockadile	9pm	Hole int' Wall Pub 01422 845771
	Hebdon Bridge Walkers are Welcome Weekend: free/£1 also 13th	all weekend	A variety of locations, Hebdon Bridge 01422 842558
	Friends of Nutclough Woods Activity Day: wear work clothes, bring lunch	10.30am-4.30pm	Nutclough Woods, Hebdon Bridge 01422 847334
SAT 12	South Pennines Walk & Ride Festival: Craggs Constitutional, (also 26th)	11am	National Trust carpark, Midgehole Road 01274 433536
	Craft Market: Hand-made local crafts and great vegetarian cafe, free	11am-5pm	Holme St Arts Centre 01422 843186
	Yoga Workshop: Booking essential - call Julia, £25	12pm-4.30pm	Hope centre 07961 093137
	Halla (Belly Dance Party) & Belly Dance Workshop in aid of charity, £10/£12	2.30pm/7pm	Mytholmroyd Community Centre 07900 270320
SUN 13	Mon/Ton	9pm	Hole int' Wall Pub 01422 845771
	Into the Valley presents: DJ James Holroyd and Sisters of Transistors, £5/£7.50	9.30pm	Trades Club, Hebdon Bridge 01422 845265
	LGBT Fell/Trek Running	11am	Various Locations, Calderdale 07709 000438
	Heritage Open Day at Great Stubb, Mytholmroyd: Grade II Listed Building	1pm to 4pm	Great Stubb, Mytholmroyd, 01422 882697
MON 14	Buddhist meditation & discussion group: £3 inc. soup, Also 27th	7pm-9pm	The Pulse Café, Todmorden 07906 160721
	Harmony Open Mic: Small Group Acapella Singing: www.harmonyopenmic.org.uk, free 8pm	8pm	Upstairs, Stubbing Wharf, Hebdon Bridge
	Calderdale Amnesty International Group Meeting: all welcome	7.15-9.15pm	Upstairs in Spirals, Hebdon Bridge 01422 841979
	Non Fiction Reading Group: free	11am	Organic House Café, Hebdon Bridge 01282 812502
TUE 15	South Pennines Walk & Ride Festival: Walsden Wander	8am	Alma Rd, opp. Walsden railway station 01274 433536
	Lit Critters: 4 sessions for people who want to get more out of reading, Contact for details 10am-12pm	10am-12pm	Hebdon Bridge Library 01422 844748
	South Pennines Walk & Ride Festival: Churn Milk Joan - Ted Hughes Country	10.30am	Mytholmroyd Library 01274 433536
	South Pennines Walk & Ride Festival: One Way Down to Calderdale - moorland walk 10.30am	10.30am	Mytholmroyd Railway Station 01422 844748
WED 16	Feminist Readers' Group: free	7.15pm	White Lion, Hebdon Bridge 01422 844748
	South Pennines Walk & Ride Festival: Sir Jimmy's Round - moorland edge, Cragg Vale Historical Society meeting: Entertainment in Cragg Vale part 2'	11am	Withens' Clough Car park, Cragg Vale 01274 433536
	Steve Tilston's Trades Roots: with the James Keelaghan Trio, £7/£9	7.30pm	Upper room of the Robin Hood Inn Cragg Vale
	Great Green & Ethical Trade Market weekend 2: til 20th	9.30pm	Trades Club, Hebdon Bridge 01422 845265
THU 17	Habstock: Bands, Poets & Comedians, (and 19th)	all weekend	Piece Hall, Halifax 07931 199 85T
	Widgykeiff	evening	Hole int' Wall Pub 01422 845771
	Chapter Four Bass Culture: with a feast of reggae gems, £5/£7.50	9pm	Hole int' Wall Pub 01422 845771
	Forage & Feast: with Jesper and Organic House, £50	9.30pm	Trades Club, Hebdon Bridge 01422 845265
FRI 18	South Pennines Walk & Ride Festival: Todmorden Centenary Way 1 & 2 (also 20th)	9.30am	Organic House Café, Hebdon Bridge 07179 400384
	September Song - concert with dance and music to raise funds, £5/£4	7.30pm	Todmorden Town Hall 01274 433536
	Daz Rew presents: "Fish Tank Frank" & "Multiple Personality Disorder Cooperative"	8pm	Calder High School, Mytholmroyd 01422 883213
	Captain Hot Knives, John Cooper Clark and Nick Tochtchy	9pm	Pulse Café, Todmorden 07906 160721
SAT 19	The Chloe Hall Trio: an engaging, intriguing and charismatic performer £5/£7.50	9.30pm	Hole int' Wall Pub 01422 845771
	Acoustic afternoon, (also 27th)	2pm	Trades Club, Hebdon Bridge 01422 845265
	Seasonal Celebrations: universal worship, free	6.30pm	Pulse café, Todmorden 07906 160721
	South Pennines Walk & Ride Festival: Castles, Cloughs and Waterfalls,	10.20am	Earth Spirit, Market St 07852 168742
SUN 20	Guitar Circle: with Hebdon Bridge Guitar Society, £2	7.30pm-9pm	St James Church, Hebdon Bridge 01422 201148
	Todmorden Women's Institute Meeting	7.30pm	Oddfellows Hall, Todmorden 07966 753807
	South Pennines Walk & Ride Festival: Cragg Vale Coiners	10am	Mytholmroyd Library 01274 433536
	South Pennines Walk & Ride Festival: Up Hill & Down Cloughs,	10.15am	Behind Todmorden Town Hall 01274 433536
MON 21	Hebdon Bridge Astronomy Society talk: "Cauldrons in the Cosmos", £3/free	7.30pm	Hope Baptist Church, Hebdon Bridge 01422 378368
	The 10th Anniversary Todmorden Beer Festival: £2 on door til 27th	12pm/5pm - 11pm	Todmorden Cricket Club, Todmorden 01706 813140
	Open Worship: reflection, discussion, meditation, all welcome, free	7.30-8.30pm	Todmorden Unitarian Church 07806 756399
	DJ set with: John Armstrong & Waka	8pm	Pulse café, Todmorden 07906 160721
TUE 22	State of Undress: a kind of rootsy fiddle band, £5/7.50	9pm	Trades Club, Hebdon Bridge 01422 845265
	Jazz night: free	Evening	Cross Inn, Heptonstall 01422 847563
	South Pennines Walk & Ride Festival: Let's Crow again - Crow Hill	10.30am	Mytholmroyd Railway Station 01274 433536
	Tales from the Wharf: traditional storytelling, £5/4	8pm	Stubbing Wharf Inn, Hebdon Bridge 01422 844107
WED 23	What the Freak	evening	Hole int' Wall Pub 01422 845771
	People Get Ready: a night of seriously funky, soulful grooves, £5/7.50	9.30pm	Trades Club, Hebdon Bridge 01422 845265
	Golden Years: reflexology for the elderly, please book appointment, £10	11am-4pm	Hope Centre, Hebdon Bridge 01484 882498
	French & Breton Music & Dance: with UltraViolet, £5/£4	1pm-5pm	Holme Street Arts Centre, Hebdon Bridge 01535 600104
THU 24	Grave Concerns Heritage Walk: meet Liz Watkins outside Heptonstall Museum, £3	2.15pm	Heptonstall Museum
	Fishing for Bishops: (Ska / Jazz / Pop)	8pm	Pulse café, Todmorden 07906 160721
	Guiseley Brothers	9pm	Hole int' Wall Pub 01422 845771
	Women's Disco: £3	9pm-1am	B@r Place, Hebdon Bridge 01422 842814
FRI 25	Cabaret Heaven with Betty Brawn and Madame Galina: £7/£9	9.30pm	Trades Club, Hebdon Bridge 01422 845265
	South Pennines Walk & Ride Festival: An Easy Pike & a Hard Pike	10am	Todmorden Railway Station 01274 433536
	Lions Annual Charity Canal Walks: Manchester to Todmorden or Sowerby Bridge to Todmorden	call for details	01706 813166
	HB Local History Society: Fay Fielding: The Calder Valley Poets, free/ £3	7.15pm	Methodist Church, Hebdon Bridge 01422 882447
SAT 26	Hebdon Bridge Light Opera Society: a 'Night with the Light', £5 til 3rd Oct	7.15pm (2.15 sat.mat.)	HB Light Opera Soc. Rehearsal Rms 01422 842371
	My Fat Friend: a funny play (doors open at 7pm), £8/£6 til 3rd Oct	7.30pm	Todmorden Hippodrome Theatre 0870 770 5681
	Station Café, Hebdon Bridge	8pm	Station Café, Hebdon Bridge 07791 074250
	Hole In t' Wall, Hebdon Bridge	8pm	Hole In t' Wall, Hebdon Bridge 07791 074250
SUN 27	Golden Lion, Todmorden	7pm	Golden Lion, Todmorden 07588 722919
	Hope Centre, Hebdon Bridge	7.30pm	Hope Centre, Hebdon Bridge 01422 842424
	Old Town Cricket Club, nr Hebdon Bridge	7.30pm	Old Town Cricket Club, nr Hebdon Bridge 01422 842623
	Hebdon Bridge Library	7.30pm	Hebdon Bridge Library 01422 844748
MON 28	Pulse Café Bar, Todmorden	7.30pm	Pulse Café Bar, Todmorden 01706 817010
	Todmorden Community Offices	7.45pm	Todmorden Community Offices 01706 839656
	Fairlea Mill, Luddendenfoot	12pm	Fairlea Mill, Luddendenfoot 01422 886648
	Pulse café, Todmorden	8pm	Pulse café, Todmorden 01706 817010
TUE 29	Riverside School, Hebdon Bridge	7.30pm - 9.30pm	Riverside School, Hebdon Bridge 01422 843000
	Caroline 07968 731521	Evening	Caroline 07968 731521
	Pulse café, Todmorden	8pm	Pulse café, Todmorden 01706 817010
	Hole int' Wall Pub	9pm	Hole int' Wall Pub 01422 845771
WED 30	Trades Club, Hebdon Bridge	9.30pm	Trades Club, Hebdon Bridge 01422 845265
	The Bear, Todmorden	Ring for details	The Bear, Todmorden 01706 813737
	Caroline 07968 731521	All day	Caroline 07968 731521
	White Swan, Hebdon Bridge	9am	White Swan, Hebdon Bridge 01422 844650
THU 1	Hope centre, Hebdon Bridge	10am-1pm	Hope centre, Hebdon Bridge 01422 842424
	Fete field, Blackshawhead	1.30pm - 5.30pm	Fete field, Blackshawhead 01422 847190
	B@r Place, Hebdon Bridge	3pm	B@r Place, Hebdon Bridge Dealpower@gmail.com
	Marshalls Bar, Hebdon Bridge	8pm-late	Marshalls Bar, Hebdon Bridge 07980 394648
FRI 2	Hole int' Wall Pub	9pm	Hole int' Wall Pub 01422 845771
	Mytholmroyd Community Centre	8am-4.30pm	Mytholmroyd Community Centre 01484 721013
	Caroline 07968 731521	9am	Caroline 07968 731521
	Lees Yard Car Park, Hebdon Bridge	10am-4pm	Lees Yard Car Park, Hebdon Bridge 01706 819731
SAT 3	Hope Centre, Hebdon Bridge	10am-4pm	Hope Centre, Hebdon Bridge 01422 842424
	Trades Club, Hebdon Bridge	2-4.30pm	Trades Club, Hebdon Bridge 01422 845265
	Nelsons Wine Bar, Hebdon Bridge	7pm	Nelsons Wine Bar, Hebdon Bridge 01422 844782
	Hole In t' Wall, Hebdon Bridge	evening	Hole In t' Wall, Hebdon Bridge 01422 845771
SUN 4	Northlight Art Studios, Hebdon Bridge	7pm-9pm	Northlight Art Studios, Hebdon Bridge 01422 845319
	Upstairs (Stubbing Wharf Pub)	7.30-9.30 pm	Upstairs (Stubbing Wharf Pub) 07984 480224
	Organic House Café, Hebdon Bridge	10am	Organic House Café, Hebdon Bridge 01422 844748
	GP Practice, Todmorden	10.30am-1pm	GP Practice, Todmorden 01422 369101
MON 5	Upstairs, Hole int' Wall, Hebdon Bridge	7.15pm	Upstairs, Hole int' Wall, Hebdon Bridge 01706 814996
	Todmorden Library	7.30pm	Todmorden Library 01706 815600
	Hebdon Bridge Picture House (Trades)	9pm	Hebdon Bridge Picture House (Trades) 01422 845265
	Cross Inn, Heptonstall	Evening	Cross Inn, Heptonstall 01422 847563
TUE 6	Fox & Goose Inn, Hebdon Bridge	9pm	Fox & Goose Inn, Hebdon Bridge 01422 842649
	Bramche Square, Todmorden	all day	Bramche Square, Todmorden 07931 199851
	Trades Club, Hebdon Bridge	8.30pm	Trades Club, Hebdon Bridge 01422 845265
	Hole int' Wall Pub	9pm	Hole int' Wall Pub 01422 845771
WED 7	A variety of locations, Hebdon Bridge	all weekend	A variety of locations, Hebdon Bridge 01422 842558
	Nutclough Woods, Hebdon Bridge	10.30am-4.30pm	Nutclough Woods, Hebdon Bridge 01422 847334
	National Trust carpark, Midgehole Road	11am	National Trust carpark, Midgehole Road 01274 433536
	Holme St Arts Centre	11am-5pm	Holme St Arts Centre 01422 843186
THU 8	Hope centre 07961 093137	12pm-4.30pm	Hope centre 07961 093137
	Mytholmroyd Community Centre	2.30pm/7pm	Mytholmroyd Community Centre 07900 270320
	Hole int' Wall Pub	9pm	Hole int' Wall Pub 01422 845771
	Trades Club, Hebdon Bridge	9.30pm	Trades Club, Hebdon Bridge 01422 845265
FRI 9	Various Locations, Calderdale	11am	Various Locations, Calderdale 07709 000438
	Great Stubb, Mytholmroyd	11am	Great Stubb, Mytholmroyd, 01422 882697
	The Pulse Café, Todmorden	7pm-9pm	The Pulse Café, Todmorden 07906 160721
	Upstairs, Stubbing Wharf, Hebdon Bridge	8pm	Upstairs, Stubbing Wharf, Hebdon Bridge
SAT 10	Upstairs in Spirals, Hebdon Bridge	7.15-9.15pm	Upstairs in Spirals, Hebdon Bridge 01422 841979
	Organic House Café, Hebdon Bridge	11am	Organic House Café, Hebdon Bridge 01282 812502
	Alma Rd, opp. Walsden railway station	8am	Alma Rd, opp. Walsden railway station 01274 433536
	Hebdon Bridge Library	10am-12pm	Hebdon Bridge Library 01422 844748
SUN 11	Mytholmroyd Library	10.30am	Mytholmroyd Library 01274 433536
	White Lion, Hebdon Bridge	7.15pm	White Lion, Hebdon Bridge 01422 844748
	Withens' Clough Car park, Cragg Vale	11am	Withens' Clough Car park, Cragg Vale 01274 433536
	Upper room of the Robin Hood Inn Cragg Vale	7.30pm	Upper room of the Robin Hood Inn Cragg Vale
MON 12	Trades Club, Hebdon Bridge	9.30pm	Trades Club, Hebdon Bridge 01422 845265
	Piece Hall, Halifax	all weekend	Piece Hall, Halifax 07931 199 85T
	Hole int' Wall Pub	evening	Hole int' Wall Pub 01422 845771
	Hole int' Wall Pub	9pm	Hole int' Wall Pub 01422 845771
TUE 13	Hole int' Wall Pub	9pm	Hole int' Wall Pub 01422 845771
	Trades Club, Hebdon Bridge	9.30pm	Trades Club, Hebdon Bridge 01422 845265
	Organic House Café, Hebdon Bridge	9am - 1pm	Organic House Café, Hebdon Bridge 07179 400384
	Todmorden Town Hall	9.30am	Todmorden Town Hall 01274 433536
WED 14	Calder High School, Mytholmroyd	7.30pm	Calder High School, Mytholmroyd 01422 883213
	Pulse Café, Todmorden	8pm	Pulse Café, Todmorden 07906 160721
	Hole int' Wall Pub	9pm	Hole int' Wall Pub 01422 845771
	Trades Club, Hebdon Bridge	9.30pm	Trades Club, Hebdon Bridge 01422 845265
THU 15	Earth Spirit, Market St	2pm	Earth Spirit, Market St 07852 168742
	Pulse café, Todmorden	6.30pm	Pulse café, Todmorden 07906 160721
	Stansfield Rd car park, Todmorden	10.20am	Stansfield Rd car park, Todmorden 01274 433536
	St James Church, Hebdon Bridge	7pm-9pm	St James Church, Hebdon Bridge 01422 201148
FRI 16	Oddfellows Hall, Todmorden	7.30pm	Oddfellows Hall, Todmorden 07966 753807
	Mytholmroyd Library	10am	Mytholmroyd Library 01274 433536
	Behind Todmorden Town Hall	10.15am	Behind Todmorden Town Hall 01274 433536
	Hope Baptist Church, Hebdon Bridge	7.30pm	Hope Baptist Church, Hebdon Bridge 01422 378368
SAT 17	Todmorden Cricket Club, Todmorden	12pm/5pm - 11pm	Todmorden Cricket Club, Todmorden 01706 813140
	Todmorden Unitarian Church	7.30-8.30pm	Todmorden Unitarian Church 07806 756399
	Pulse café, Todmorden	8pm	Pulse café, Tod

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SEPTEMBER 2009

REGULAR EVENTS & ACTIVITIES

Early morning Tai chi singing: (also Thursdays), By donation Also Thurs
Love 2 Dance: Daily morning dance/meditation space, £2/£3 (every day)
Jewellery making workshop: £12
Therapeutic Yoga Classes: booking essential, £40/6 sessions
Language Cafe: informal conversation, any language welcome
Ladies non-contact boxing & fitness: £4
Pilates Courses with Vanda: beginners 10am, improvers 11.10am (also Tue)
Kundalini Yoga: £5/£5
Todmorden Walkabout: short ambles, (3rd & 17th) (also Sun 2nd & 16th, 11.15am
Drawing & Painting Workshops: all welcome, phone to book, £5.75
Popular Ballroom Sequence Dancing: £1.80
Non-contact boxing, lun & fitness: age 6-11, £4/£7 (pair of siblings)
Riding for the Disabled: details from hebdenbridgeda@hotmail.co.uk, from £10
Hatha Yoga Classes: £6/4.50 (also Fri at 9.15am)
Tennis: floodlight pay & play, beginners welcome, rackets provided, £4
Beginners' Step & Tone: £3 or £15/6wks
Pilates: improvers session, £5 (also Wed, 6.15 & 7.30pm)
Nia Dance Class: New Fitness and Personal growth Programme, £6.50, starts September
Dance Classes: adult tap 7.15-8pm, jazz dance 8-8.50pm, £3.50 per class
Circuits Session: £4
Basic Qigong Obidience Training: £30 for 10 weeks
Feldenkrais Method: making moving easier, £1/£6
Tae Kwon-Do Classes: (also Wed)
Wing Chun Kung Fu (Wong Shun Leung Method): £5
Shotokan Karate: adults, all abilities, £3 (also Wed)
Hebden Bridge Chess Club: £15/5p
Swimming Classes: with Peter Stanley, £5
Todmorden Bridge Club: new members welcome, phone to confirm details, 50p
Agriculture and History in the Pennine Landscape: starts 28th Sept, £60/£55, 10 wks
Rhythms of the World: African drum classes - starts 21st Sept, £80/£60 wks 7.30pm - 9.30pm
Ashtanga Yoga: booking essential (held in reception room), £24/£12 for 4 sessions
Pilates Classes: beginners, (also Wed 7.15pm & improvers 8.30pm)
Chinese Martial Arts: Cheng Man Ching Form & Qigong, £40/£30 for 10wks
Circus Training: £4.50
Quiz night
Music around the fire: free
Horse & Pony Hacks: riding experience needed, £25 (also Sat 2-4pm)
Volunteer drop-in: info on local volunteering opportunities, free
Meditation: all welcome, £3 inc refreshments (also Thu 7.30pm)
Over 50s Drop-in
Gentle Exercise to Music: for over 50s, seated or standing, £1 (also Thu)
Yoga for Pregnancy: £7 (also Wed 1.30pm)
Short Form Tai Chi: all abilities & all ages, £3 (also Fri 7.30pm)
Yoga Classes: all levels welcome - New term starts 1st September, £6
Pilates: intermediates 6.30pm, beginners 7.30pm, booking advisable, £5
Fell Running Training: with Calder Valley Fell Runners' Club
Ladies' Keep Fit: £2.50
Ashtanga Yoga: £30/6 weeks or £7 drop in (also Yoga for Pregnancy Thu 7-8.15pm)
Iyengar Yoga: all welcome, £6 waged/£5 unwaged (also Thu 7.30-9pm)
Curry Night: with i spice - tastiest spice experience in town, £7.50
Modern Sequence Dancing: new dances taught, £2
Hatha Yoga Classes: £6/£4.50
Circle Dance for All: with Sophia Hatch (starts 22nd Sept), £60/cons.£3 (10 wk)
Kundalini Yoga: everyone welcome, £6
Meditation: Introductory Talk & Emerald Alignment Meditation, £3 inc refreshments
Irish Music Session: all musicians welcome, free
Folk Music Session: free
Open Mic with Denny
Hebden Bridge Market: second hand, £10.90/stall
Kum Nye: early morning Tibetan Yoga, £3 (also Fri)
Drawing & Painting Workshops: all welcome, phone to book, £5.75
Nia Dance Class: new fitness & personal growth classes, £6.50
Art & Craft Group: all aspects of craftwork, all welcome, £1.50
Taekwondo: all levels welcome, £3 (also Fri)
Yoga: with Julia Ackroyd £6 (also Thu)
Boxing: mixed classes, £4
Todmorden Harriers' Pack Run: fell running, free
Iyengar Yoga: with Debbie Bartholomew
Slimming World classes: healthy eating plans
Calder Valley Women Singers: all women welcome, no auditions, £5 waged/£3 unwaged
Todmorden Choral Society: weekly choir practice
Meditation Class: beginners to advanced, £6 or £30/6wks
Hebden Bridge Camera Club Meeting: new members always welcome, Guests £2
Juggling & Circus Skills Club: all welcome, £1.50/75p
Heart Circle: with Heart-opening Sacred Dance and Chant, £5
Blue Grass music: free
Wing Chun Kung Fu Classes: all welcome, £5
Open Mic Surgery: acoustic session, free
Music Session: everything from swing to bluegrass, free
Hebden Bridge Market: normal retail, £13.40/stall
Todmorden Women's group drop in: (all women welcome)
Volunteer drop-in: info on local volunteering opportunities, free
Watercolour & Drawing Classes: (new term starts 24 Sept) £7.50 or £60/term
Circle Dance for Women: with Sophia Hatch (starts 24th Sept), £60/cons.£3 (10 wk course) £10.15am
Tai Chi for Over 55s: to help improve balance, phone for details, £3
Pilates Classes: please book, 11.20am Pilates Plus, 12.30pm Beginners, 1.40pm Pilates after baby
Gardeners Days: share produce & ideas, all welcome (also Fri at Bowling Club Allotments), 12pm
Gentle Exercise
Knitting Group
Fitness Classes: circuit training 6pm, body conditioning 7pm, £4.50
Weight Watchers: Kickstart your weight loss with healthy eating plans
Life Drawing
Family Games Night: some games in club, own games and guests welcome
Adult Ballet: dance classes
Life Drawing: with Alan Gunnerson, all abilities welcome, £5
Keep Fit: with Mary Calvert
Adult Tap: dance classes
Therapeutic Yoga Class: booking essential, £40/6 sessions
Hebden Bridge Hill Millies: women's Cotswold Morris Dancing, all welcome, £2
Tai Chi & Chi Gung: Chinese ways of health & well-being, all welcome, £6
Quiz night: with cash prize, £1
Open Mic Night: with Nick, everyone welcome, free
Pub Quiz
Open Mic Night: free
Folk Music Session: singers & musicians
Gitterball: 70s, 80s & 90s night, £2
Yoga: with Julia Ackroyd (also Wed 9.30am)
Line Dance: all levels welcome, £2
Alexander Technique Group Course: 6wk course from 8th May, £38/6wks
Line Dancing: All levels welcome, £2
Flamenco Dance Classes: beginners - (from 18th Sept), £5.50/hour 1pm, 5.30pm, 6.30
Feelgood Singing Group: Singing for fun. All abilities welcome! £2
Yoga with Helen: small, friendly class, £30/6 sessions
Wing Chun Kung Fu Classes: all welcome, £5
Open Mic: for more details www.myspace.com/pulsecafebar
Acute Homeopathy Clinic: with consultation & prescription, £5 inc treatment
Live music: for more details www.myspace.com/pulsecafebar
Flea Market: bric-a-brac, crates, books, jewellery & cafe.
Circular Walks with the Ramblers' Association: 8-12 miles, free
Keep Fit: all-abilities class, £4.50
Antiques & Collectables Valuations: different experts each Sunday, call for details, free
Archery: with White Rose Archers, (also Thu 7.15-9pm)
Acoustic afternoons: for more details www.myspace.com/pulsecafebar
Live Music: free
Becky's Singing Class: suitable for all levels, £3

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