

# Coopersale Chronicle

www.coopersale.co.uk

A Guide to What's On in Coopersale  
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## Spring Dance

Celebrate Spring at the Institute Hall with Live 60s & 70s Rock music with Doctor Real Live Good on Saturday 23<sup>rd</sup> March. Tickets are only £10 per head, so make up a party, book a table and take along your own food and drink for an enjoyable evening, not forgetting some cash for the raffle in aid of hall improvements.



If you would like tickets please contact Doreen on 576498 as soon as possible.

Donations of prizes for the raffle will be welcome.

## Pyjama Party

A Pyjama Pamper Party in aid of St Clare Hospice was held in the Institute on Wed 13<sup>th</sup> Feb.

The event was held as part of the hospice's Onesie Week. A host of fundraisers, including Epping Mayor Jon Whitehouse, turned out in their pyjamas, onesies and dressing gowns for free taster therapies - a Thai foot massage, coconut steamed facial, neck massage, back massage, mini manicure, glitter tattoos, Indian head massage, Reiki, Theta Healing, Chakra Balancing and meditation. The evening raised £412 for the Hastingwood-based hospice and everyone that came along had a fab relaxing time.

The organiser, Victoria Robertson, would like to make it an annual event.

## Coopersale

### Horticultural Society.

All our members have recently received the new schedule, which means that membership fees for the coming year are now due and can be paid at any time to a Committee member. The schedule is full of a variety of exciting classes which we hope you will enter in the Spring Show on Saturday 6th April.

Our first meeting of the year is on Monday 18th March, when David Swinden will be our guest speaker, imparting his knowledge about an unusual topic: "Glass Flowers of Harvard University & Kew Gardens".

Last summer I was very fortunate to be a performer in the Industrial section of the London Olympics Opening Ceremony. As so many people have shown an interest in this, I will be talking about my Olympic experiences at the meeting on Monday 20th May.

Both evenings begin at 8pm and admission is £1 which includes refreshments. All of these events will take place in the Institute and everyone is very welcome to attend, so we look forward to seeing you there.

Gwyneth Duhhy (CHS Secretary).

## Group 2000

Hello and a belated "Happy New Year" & early "Happy Easter" to everyone.

Group 2000 started the new year as usual with a cheese and wine evening, our thanks go to Janet who thought she was feeding the whole of Coopersale – well done, delicious!

We were able to work off some calories in February by doing a few Zumba moves, hope all of the ladies who strutted their stuff managed to crawl out of bed the following morning!

In March, we have somebody coming along to talk and demonstrate Reiki, should be very interesting.

May has yet to be arranged.

As always, we meet on the third Wednesday of the month, so if you fancy escaping the TV for a couple of hours please come along and join us.

## Easter at St Alban's

Easter is the most important festival in the Christian calendar as we celebrate the resurrection of Jesus on Easter morn. This is an event that we always look forward to at St Alban's and we look forward to welcoming you in your parish church at this most holy time of the year.

Easter is the celebration of God's deep love for us, which is shown in Jesus death on the cross and in his resurrection. It is why we believe what we believe. Jesus died for the things that we have done and do wrong but with his resurrection we are made one with God again in a new and fresh relationship.

Why not come and experience that new and fresh relationship with us and join us at St Alban's over the Easter weekend.

There will be a Meditation on the Cross on Good Friday, 29<sup>th</sup> March, at 9 a.m. and on Easter Day, 31<sup>st</sup> March, at 11.10 a.m. we will be joyfully celebrating the resurrection with our Easter Family Communion.

Bob Taylor

Minister in Charge: St Alban the Martyr



If you have trouble reading the Chronicle, please contact Chris on 572568 and ask for a large print version.

# What's On at the Institute?

Pre School	Every weekday in term time from 9 am to 3 pm. (Fri 9 – 12) Contact: Cathy Kemp, Tel: 0774 359 5892
Horticultural Society	Meet alternate months (except Jan & Feb), usually 3rd Mon, 8 pm Contact: Gwyneth Duhay 01992 574945
Floral Art	Meet 2 <sup>nd</sup> and 4 <sup>th</sup> Mon each month (Mar to Nov) from 7.30 -10pm Contact: Mrs Myra Amos, Tel: 01992 522442
Zumba	Every Tuesday 6.30 – 7.30 pm Contact Leary Tel: 07958 415 908.
Group 2000	Meet 3rd Wed every month from 8 pm to 10 pm (ex Aug) Contact Sue Silvester 01992 575898.
Acting Up	Amateur drama group, meet every Monday 6 – 8 pm (in Reading Room if CHS or Floral Art are meeting). Contact: Sally 07980 273131 or Victoria 01279 329729

The Institute hall is available for private functions, excluding teenage parties. It costs £10 per hour during the week or £12 per hour at weekends (which includes Friday evenings) with a minimum hire period of 4 hours. We also require a security deposit of **up to £250**. For further details contact Chris on 01992 572568 or visit our website [www.coopersale.org.uk](http://www.coopersale.org.uk)



Wanna have fun and burn calories at the same time? Then why not check out our NEW Up4Zumba Fitness class @ Coopersale Village Hall, every Tuesday, 6.30 – 7.30pm. Guaranteed to put a shimmy in your waist and a smile on your face. Come and dance yourself into shape with your regular instructor, Leary. Classes start 5th March 2013 with a **FREE** session! £6 pay as you go thereafter or book 4 Classes for £20. Concessions available.

**Call Leary on 07958 415 908 for more details.**