

Lewtrenchard WI February Report



Many members came to this meeting and yes, another wet evening to venture out.

Barbara welcomed Kathy who was going to talk to us about Movement for Well Being via tai chi (TMW). Kathy started by talking about how she got into TMW, what motivated her to take it up and why she enjoys it so much. We 'warmed' up by tapping our heads, arms, legs, tummies and chests. We then progressed

to a 12 movement exercise, we actually managed to do 9 exercises out of 12, which was a surprise to Kathy but a great compliment to us all. TMW is a really gentle and relaxing way to exercise, can be done standing up or seated. Kathy runs classes in Tavistock, for more info see: www.tmwtraining.com or contact her on kathymchugo@gmail.com. Everyone thoroughly enjoyed this session. We rounded up the evening with refreshments as usual.

Thursday 12th of February saw 20 of us enjoying Robin Hood the Panto at HATS, oh yes we did. We sent greetings to Bude WI and ended up with a 'sing off', of course, Lewtrenchard won 😊

Date & venue for next meeting: Monday March 9, 19:00, Lewdown Victory Hall

Hairdressing with Paula

Competition time:

We would like to invite members and the community to create a logo for our centenary. Logos may be hand drawn or electronically designed and submitted.

Contact secretary@lewtrenchard-wi.org.uk for more information or to submit.

The winning logo will be published in **newslink** and used for posters, stationary, etcetera. We may adjust colours to conform with NFWI rules.

Closing date: 15/03/2026

Get creative and good luck 😊

Dates for your diary:

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| 9th March | Monthly Meeting at 19:00 |
| 19th March | Coffee morning |
| 25th April | Centenary fundraiser 10am - 12pm Lewdown Victory Hall |
| | Walks suspended until further notice |

