



## Events Programme for NOVEMBER 2019

### Bonn'Art Café

The Café Associatif of Bonnes  
Located in the Old School in Bonnes  
16390 - on the D17



Saturday, 2nd	10am-12pm	History Group - we meet every Saturday in the Mairie to explore the history of Bonnes and the surrounding area
Monday, 4th	2pm-5pm	Card & Board Games Club - a chance to chat, compete and have fun! 
	5pm-6.30pm	Homework club - after school support
Wednesday, 6th	6.30pm-8pm	French / English Conversation Class 
* Thursday, 7th *	9am-12pm	<b>Vegetarian Cookery Workshop : Special cookery workshop followed by a shared meal at 12.30pm</b>
	2pm-4pm	<b>Sewing Workshop - NEW! Come along and discover! (See below for details) *</b> 
Friday, 8th	10am-11am	<b>Gym / Fitness Class - suitable for all levels of fitness and health. NEW!! Telephone 07.83.76.41.87 to book a place</b>
Saturday, 9th	10am-12pm	History Group - at the Mairie
Monday, 11th	2pm-5pm	Card & Board Games Club 
Wednesday, 13th	6pm-7.30pm	Book Club 
Thursday, 14th	2pm-4pm	Sewing Workshop 
Friday, 15th	10am-11am	Gym/Fitness Class - gentle. Telephone 07.83.76.41.87 to book a place
	7pm-9.30pm	Art History Group (with shared meal beforehand at 7pm) 
Saturday, 16th	9.45am-12pm	Rambling Group walk - suitable for all abilities. Meet at 9.45am in front of the Bonn'art Café 
	10am-12pm	History Group - at the Mairie
SATURDAY, 16th SPECIAL	12.30pm	<b>Special NORMANDY meal. These special themed meals are becoming very popular so telephone 07.83.58.60.72 to book a place!</b>
Monday, 18th	2pm-5pm	Card & Board Games Club
	5pm-6.30pm	Homework club - after school support 
MONDAY, 18th SPECIAL	5.30pm-6.30pm and at 6.30pm	<b>Philosophy Workshop for children, followed by an adult Philosophy Debate ; "Why Philosophy?"</b>
Wednesday, 20th	6.30pm-8pm	French / English Conversation Class 
Friday, 22nd	10am-11am	Gentle Gym / Fitness class. Telephone 07.83.76.41.87 to book a place
Saturday, 23rd	10am-12pm	History Group - at the Mairie
	3pm	<b>RETURN of the PHOTOGRAPHY GROUP</b>
Monday, 25th	2pm-5pm	Card & Board Games Club 
	5pm-6.30pm	Homework club - after school support
Wednesday, 27th	6pm-7.30pm	Book Club 

<b>Friday, 29th</b>	10am-11am	Gentle Gym / Fitness class. Telephone 07.83.76.41.87 to book a place
<b>Saturday, 30th</b>	10am-12pm	History Group - at the Mairie

## SOME MORE INFORMATION ON OUR NEW ACTIVITIES

### Open to All - Come Along and Join Us!

**Sewing Group - Thursdays, 7th and 14th at 2pm-4pm. 6€ an hour.**

**For complete information, telephone Fenella on 06.71.34.46.53.**

Sewing instruction, creation and design, patchwork and repair. Come along and learn to use your sewing machine, to transform and improve your clothes, take apart and make patterns, make your own bag, cushion, gilet.... A complete day's workshop is also proposed for the 1st December where you can create Christmas gifts. Contact Fenella for more information on this event. 06.71.34.46.53.

**Gentle Gym / Fitness Class - every Friday from 10am to 11am. 8€ per class (min of 5 needed for class)**

**To reserve a place, telephone Iréna on 07.83.76.41.87**

The class is based on physical exercise to music, to your pace and with breaks, intervals and moments to breathe! This group is designed for all levels of fitness and health and equipment is provided (mats, etc) so no need to bring anything - just come along in comfortable clothing, and with a towel and a bottle of water.

**Homework Club - every Monday from 5pm to 6.30pm**

**Special Vegetarian Workshop - Thursday the 7th from 10am to 12pm.**

A workshop of discovery in the world of vegetarian country - led by Ph Knoll.

Cooking and a shared meal. 10€.

**Special Philosophy activities, Monday the 18th with Ophélie Meunier of the Francas organisation.**

A philosophy workshop for children from 5pm to 6pm, followed by a debate, for the adults, from 6.30pm - with the theme "Why Philosophy?"

**Special Meal, Saturday the 16th at 12.30pm : Normandy Meal. Price 8€. Telephone 07.83.58.60.72 to reserve a place!**

**Philosophy Special, Monday the 18th : with Ophélie Meunier from the Francas Association. A**

philosophy workshop for children from 5pm to 6pm, followed by a debate for the adults, from 6.30pm - "Why Philosophy?"

Do you need any more information?



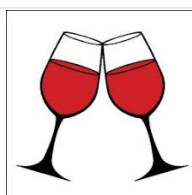
Email us : [bonnartcafe@gmail.com](mailto:bonnartcafe@gmail.com)



Find us on Facebook : [bonn'art café](#)

**Apero and Snack Evenings**

**Every Friday 6pm-8.30pm**



Open to all Members

Day membership : 0.50€

Annual membership : 10€ adult or 2€ child