

**The new season starts in September.  
Most meetings at Parkminster are open. Just drop  
in.**

**If a contact is listed below, please check first**

### **Sunday**

10.30am: [Morning Worship](#) – pop in any Sunday

1.00pm: [Worship](#) – Hephzibar Church Cardiff

### **Monday**

2.00pm: [Craft Group](#)

6.30pm: [Yoga](#) with Monika - [mooncsika@yahoo.com](mailto:mooncsika@yahoo.com)

### **Tuesday**

10.00am: [Drawing & Watercolour](#) - Cardiff Council  
Community Learning

5.00pm: [Prayer Meeting](#) – Hephzibar Church -  
[mclav123@gmail.com](mailto:mclav123@gmail.com)

2.30pm: [Wives Club](#) (and single ladies) - alternate from  
6<sup>th</sup> Sept

7.00pm: [Pilates](#) with Vassia - [vassia1k@yahoo.gr](mailto:vassia1k@yahoo.gr) (from  
13<sup>th</sup> Sept)

### **Wednesday**

10.00am: [Pottery class](#) – Community Learning Wales -  
[myclw.org](http://myclw.org)

2.30pm: [Fellowship](#) – share interests and concerns +  
tea

from 5.15pm: [Rainbows, Brownies and Guides](#) – for girls

### **Thursday**

10.30am: [Allsorts](#) – could be anything, come and find  
out

6.30pm: [Yoga](#) with Monika – see Monday

### **Friday**

10.15&4.30: [Makaton Café](#) with Paula (9<sup>th</sup> Sept) -  
[pauladear.com](http://pauladear.com)

12.00 noon: [Yoga](#) with Monika – see Monday

7.00pm: [Pilates](#) with Vassia (from 9<sup>th</sup> Sept) – see Tuesday

7.30pm: Roath [Trefoil Guild](#) - 2<sup>nd</sup> Fridays only