

Dear Members

Happy Easter to all Members, Affiliates & Staff!

### **CORONATION OF HIS MAJESTY THE KING - Saturday 6<sup>th</sup> May - 11.00am - 3.00pm**

Places for our 'Coronation Family Fun Day' are now available to book on Ticket Source - **BOOK HERE** It is £5 to secure a table which can seat up to 10 people - adults (13+ years old) and all children (2+ years old). There will be Barbeque food available from 11.30am until 1.30pm and then we hope you'll leave room for 'dessert' - a scrumptious Cream Tea which is only £9.95. This will be served from about 2.00pm and must be pre-ordered. We have wonderful music lined up for the day featuring (if your old enough to remember - I do!) members of Dexy's Midnight Runners and The Flying Picketts. Games, Face Painting, and other Children's Activities will be taking place throughout the day. We want this to be a fun day for all the family!

### **QUIZ NIGHT - Friday 28th April - 7.00pm**

Your next quiz night will be on the 28<sup>th</sup> April. There will now be a food menu for Quiz Night. £1 entrance fee (payable on the door). Please come a wee bit earlier if you would like to order food before a 7.30pm start on the Ground Floor of the Club. Come on your own to join a team or bring family, friends, or some work colleagues (up to 8 people). Please phone the office to book a table so that we know how many quizzers to expect - **0208 398 1267**. **Sorry, but no pizzas/food are to be brought in from outside.**

### **HEALTH CLUB**

A message from Vicky B in our Health Club ...

Do you suffer with any of these?

Bloating - Scars - Fatigue - Fibromyalgia - Rheumatoid Arthritis - Cellulite - Swelling - Burns - Lymphoedema - Run down or often having colds - Fracture - Muscle soreness

If so, you may benefit from Manual Lymphatic Drainage (MLD). This is a very gentle, yet effective massage that encourages the body's lymphatic system (the waste disposal for dead cells, fats, proteins and part of our immune system) to work more efficiently, supporting the removal of waste. This should only be performed by a specialist therapist ... Vicky B at Imber Court!

Available most **Tuesdays** and **Thursdays**, by appointment only. Call **Vicky Burr on 07966 530926** to learn more - <https://www.imbercourt.com/health-well-being/vickyb-health-fitness/>

### **YOGA**

If you have a yearning for Yoga, please do read the attached poster for an Open Day at Riverbourne Health Club with Vicky.

IN OTHER NEWS ...

We respectfully remind Members that you should not consume your own food or drinks on the premises, inside or out - thank you!

Please don't forget to carry your Membership Card whenever you use the club. Don't forget ... No Card - No Discount!

If at any time you don't want to receive emails from us, please just reply to this email with 'Unsubscribe Please' in the Subject Line and we will take you off our mailing list.

Membership Team



# Coronation Family Fun Day

11am Saturday 6th May

Live Screening of Coronation  
 Barbeque Cream Teas  
 Children's Activities & Face Painting  
 Games Swimming

Please go to website to book [www.umbercourt.com](http://www.umbercourt.com)




Music from Jump66  
 featuring members of  
 Dazy a Midnight Runners  
 and Flying Pickets



## Yoga Feast

A SUNNY AFTERNOON FEEDING YOUR MIND, BODY & SOUL  
 SUNDAY 23RD APRIL, 2-5PM

Whether you are a seasoned yogi or just fancy a taster, carve out some time just for you (and maybe a friend or two). Let go of your to do list and feed your senses as you enjoy an afternoon fusion beginning with a yang starter, a yin main, finished off with a deeply relaxing yoga nidra (yoga sleep).

**Starter - Yang yoga**  
 A blend of active yoga styles in a practice to connect the mind, body and breath, designed to build strength, endurance and flexibility

**Main - Yin yoga**  
 A filling selection of passive asanas to relax the mind and muscles, allowing you to work into the deeper connective tissues and fascia network throughout the body, increasing mobility and bringing about calmness and inner peace

**Pudding - Yoga nidra**  
 All perfectly finished off with yoga nidra: a deep guided meditation (yoga sleep) that will relax the body, heart and mind and leave you feeling totally rejuvenated.

**Reserve your mat NOW!**  
 call Vicky8 Health & Fitness  
 07966 530926  
 or [Vicky8health@gmail.com](mailto:Vicky8health@gmail.com)

early bird £48 (then £55 from 14/4/25)  
 at Riverbourne club, Chertsey



