

## SKIPSEA VILLAGE HALL

### MONDAYS

**ZUMBA** 7-8pm

High energy exercise to Latin American & other music

### TUESDAYS

**BOCCIA / CURLING, BOWLING WITH A DIFFERENCE** 1.15-2-45pm

**GET TOGETHER** 2-45-4-45pm

**CIRCUIT TRAINING** 6-7pm

High energy exercise that incorporates cardiovascular, strengthening, balancing, stretching and breathing exercises, designed to raise your fitness levels

**YOGA** 7-15 8-30pm

Covering many different stretches using all parts of the body, including exercising the body internally, finishing with relaxation, for males and females of all ages

### WEDNESDAYS

**TAI CHI** 6-45 7-45pm

A gentler approach to yoga from a chair

The exercise classes are £4/week, £1 for under 16's/students except Tai Chi (unless stated otherwise)

More info ring 01262 469714

### THURSDAYS

**OVER 50'S** 2-4pm (fortnightly)

**SKIPSEA GARDEN CLUB** 7-8pm 1st Thurs in the month

**FARMYARD BINGO** every 2nd Fri of the month, 14th Nov. 7.30pm

(doors open 7pm) Fun night, Inc. meat prizes, raffle, bar. Free entry to include tea & biscuits.

**BRUNCH** 8.30-11-30am first Sat each month (next one 1st Nov.)

Breakfasts served from full monty to just toast & marmalade

Dec Brunch Sat 6th Dec. includes Christmas Stalls

### DOG SHOW & TABLE TOP

Was Saturday 27th September- this had to be postponed a revised date to be arranged

### CHRISTMAS RAFFLE TICKETS

Committee members will be coming round soon with these, or they will be available at the Post Office or Classic Cuts. The first prize is a luxury hamper

### HULL MUSIC SOCIETY

Presents 'We'll Meet Again' sing along to songs commemorating times of conflict

Friday 31st Oct 7.30 pm at Skipsea Village Hall. Tickets £6 on door

Including refreshments. Bar

**BRUNCH & CHRISTMAS FAIR** Sat 6th December 8.30am-1.00pm. Stalls Inc. Jewellery, Preserves, Cards, Baking, Mixed Crafts, etc. Tombola, Raffle, Breakfasts being served in the morning (Full monty, bacon buns, toast etc.) then mince pies, etc. later. Free Entry.

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**Badapple Theatre Company of York presents**

### "The Mice Who Ate Christmas"

A great story for all ages, inspired by the legend of Silent Night but re-told from the mouse perspective! At Skipsea Village Hall on Sunday 21st Dec. at 3.00pm. Tickets £8.50 Inc. the chance to win a mini hamper in the lucky draw ticket, available soon from Skipsea P.O or phone 469714 or 468237.

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**Burns Night** At Skipsea Village Hall with Children of the Mist Pipe Band.

Saturday 24th Jan 2015 at 7.00pm. Tickets £10. Inc. 3 course meal and entertainment, available soon from Skipsea P.O or call 469714.

# Your Mirror on Skipsea

## Issue 64

Email ; telephone 469521  
phawkins733@btinternet.com

## look into it Oct/Nov 2014



### **A Change of Lifestyle**

Hilary McLysaght proved age is no barrier when it comes to changing your lifestyle, Hilary from Skipsea has lost 9st in just two years, swapping her size 26 clothes for a size 14 and she has done it all in time for her 68th birthday in October. Hilary who worked as a nurse for the NHS until 2004 embarked on her weight loss challenge after she retired. She tried to lose weight on



her own and lost 9lbs before she realised she needed the support of other people so joined a Weight Watchers class at Brandsburton in September 2012. Through a combination of power walking and healthy eating she has shed 117lbs and wants to lose another three pounds to reach her goal of 12st 7lb.

"I feel about 20 years younger" she says. Hilary has transformed her diet, swapping unhealthy food for filling and nutritious meals such as porridge for breakfast, fruit, yoghurt and salads for lunch and lean meat, potatoes and vegetables for dinner. If she has a glass of wine or G'n'T she looks at what exercise she can do to make up for it.



## PIE NIGHT AT THE TIGER INN BEEFORD

Thursday 16th October

6.00pm-9.00pm

Come along and try the pies  
many choices inc vegetarian



## MUSIC NIGHTS

at the TIGER INN BEEFORD

PHIL MAY SAT. OCT. 18TH

KLEE SAT 25TH OCT



## CHRISTMAS at the

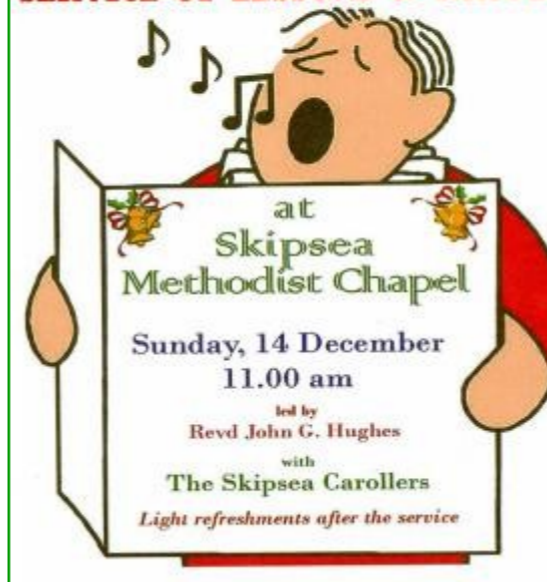
## TIGER INN BEEFORD

## CHRISTMAS FAIR 12TH DEC

## CHRISTMAS DAY MENUS AVAILABLE NOW

CALL 01262 488733 FOR MORE DETAILS

### **SKIPSEA VILLAGE SERVICE OF LESSONS & CAROLS**



Hull Musical Society  
presents

*We'll meet again*

Sing along to songs commemorating times of conflict

24th October - St Ninians Church, Chanterlands Avenue

25th October - St Michael's and All Angels, Holderness Road

31st October - Skipsea Village Hall

1st November - Brough Methodist Church

4th November - Sutton Methodist Church

7.30pm

Tickets £6 on the door

(including refreshment)

1914-2014

supporting The Royal British Legion Poppy Appeal

## Skipsea History Workshop

### Programme for 2014

13th October Regular meeting  
 27th October Scarborough Maritime History, Mark Vesey  
 10th November Regular meeting  
 24th November History of Beverley, Paul Schofield

Regular meetings at the village hall to start at 7.00pm  
 Talks will be held in the Chapel and start at 7.30pm

## Curling comes to Skipsea

Come and have a go at curling, on Tuesday afternoons in the village hall. An enjoyable hour or so can be enjoyed in good company having a go at a new sport. It can be played sitting down if needed and it is easy to follow the rules of the game. It starts at 1.15pm until 2.45pm. £1.50 per person.

Come and give it a go.

## Skipsea Methodist Chapel services

October-  
 19th Christine Hughes  
 26th Revd. Marie Dove (communion)  
 November  
 2nd led by chapel members  
 9th Revd. John Fisher (10am short service  
 Remembrance Sunday)  
 16th Revd. John Hughes  
 23rd Dorothy Spurr  
 30th Kate Gibbs  
 All services 10.30am

## All Saints Parish Church Service

Sunday 12th October Harvest Festival 9.30am

**Another do for December**  
**Sunday 14th Dec**  
**2.00pm**  
**Skipsea Village Hall**  
 featuring  
**Christmas Carols**  
**Seasonal Songs**  
**The Pantomime Aladdin**  
 by  
**Skipsea Carollers**  
**and The Skipsea Players**  
**A Charity Concert**  
**for local children's hospices**

## Skipsea's Over 50's Group

The Over 50's Group in Skipsea held their annual Harvest Festival on Thursday 17th September. A reading was given by Pat Willingham and prayers were taken by Shirley Cooper. A super show of produce was donated by the members, which was auctioned off by our regular auctioneer Enid Cross and £72 was raised. The Over 50's Club are celebrating their 60th anniversary on the 16th of October. On Thursday 30th October there will be a speaker from Wiltshire Farm Foods coming to give a talk. The group meet every fortnight in the village hall 2.00pm until 4.00pm. New members are always welcome

## Smile-a-while

I went to the butchers the other day and I bet him 50 quid that he couldn't reach the meat off the top shelf. He said 'No the steaks are too high'.

I went to a seafood disco last week, and pulled a muscle.

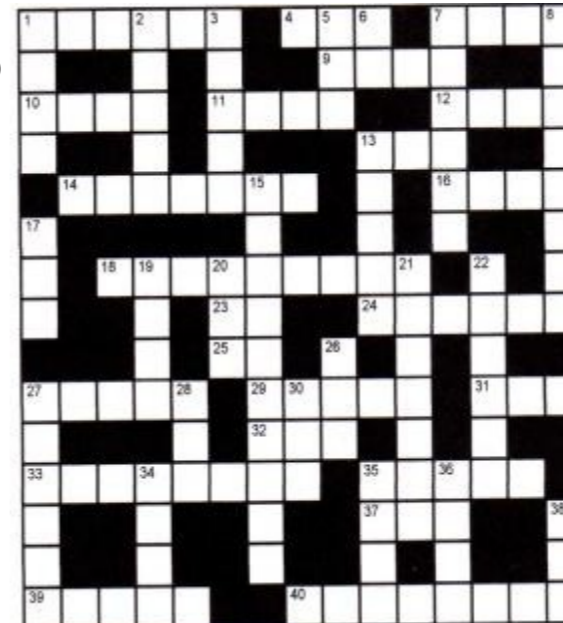
Two Eskimos sitting in a kayak were chilly. They lit a fire in the craft, it sank, proving once and for all that you can't have your kayak and heat it

You know, somebody actually complimented me on my driving today. They left a little note on the windscreen. It said, Parking Fine, So that was nice.

I went to buy some camouflage trousers the other day but couldn't find any.

## Across

- 1 Careful how you awaken this one (6)
- 4 Girl's name with a gentle tap (3)
- 7 Neighbours of Iran (4)
- 9 Mutilate (4)
- 10 Cab (4)
- 11 Curds and ....? (4)
- 12 Leaning tower place (4)
- 13 Slide down a mountain (3)
- 14 Need these for your eyes (7)
- 16 Tempered door close (4)
- 18 Pompous (9)
- 23 ..the waterfront (2)
- 24 Spoil (6)
- 25 Just are (2)
- 27 Need this for sneezes (5)
- 29 Takes all kinds (5)
- 31 Baby goat (3)
- 32 Billiard bat? (3)
- 33 Waste (8)
- 35 What you do when your not 'in' (5)
- 37 This makes for a slippery walk (3)
- 39 A reasoned thought or argument (5)
- 40 Strong fence of wooden stakes (8)



## Parish Council Meetings

The Parish Council meets on the first Tuesday of the month at the Village Hall. 7.15pm  
 Members of the public are welcome.

## Down

- 1 Japanese stringed instrument (4)
- 2 This is an intense carbon arc light (5)
- 3 Post at the bottom of the stairs (5)
- 5 Johnson's first name (3)
- 6 Thanks! (2)
- 7 Mischievousness? (6)
- 8 Mud 'n gunge 'n stuff (8)
- 13 Old pound with an 's' in front (5)
- 15 Vanishing (10)
- 17 Adam gave up one of these (3)
- 19 Piggy sound (4)
- 20 Short hairstyle (3)
- 21 Sarcastic (7)
- 22 Wild kind of dog (6)
- 26 Can't sew a seam of this (3)
- 27 Place for the youth to go? (6)
- 28 Yearning for a foreign currency? (3)
- 30 It belongs to us (3)
- 34 Against ... (4)
- 35 Take it to the top (4)
- 36 Peepers (4)
- 38 Colour with this (4)

## Remembrance Sunday

The Service of remembrance will take place on Sunday 9th November at 10.45am at the war memorial on Skipsea village green, prior to this there will be a short service at the Methodist Chapel at 10.00am. Everyone is most welcome to attend. For anyone wanting to lay a cross for a loved one, the gate will be open during the week leading up to the 9th. Or anyone wanting to lay a wreath on Sunday please get in touch with Mike on 468526



## BRUNCH & CHRISTMAS FAIR

at SKIPSEA VILLAGE HALL

Saturday 6th December

8.30am—1pm

Stalls inc. Jewellery, Preserves, Cards, Baking  
 Mixed Crafts, Tombola and Raffle.

Breakfasts being served in the morning (full  
 monty, bacon butties, toast etc.) then  
 mince pies, etc. Free Entry.



## Skipsea Senior Citizens Christmas Dinner at Skipsea Village Hall

Saturday 29th November, 11.30 for 12 noon  
 If you would like to come along for dinner with entertainment afterwards, would you please ring Julie on 469714 or Linda 468640 with your choice of menu or if you go to the Over 50's Club they will take your order at the next meeting.

**Starters:** Vegetable Soup or Fruit Juice

**Main Course:** Turkey or Beef

**Dessert:** Christmas Pudding or Trifle

If you need transport to get there and back please let us know

## Castle Howard at Christmas


Approach the magnificent 18th-century house along the Christmas tree-lined drive. Inside, discover breath-taking interiors lit by candlelight, a stunning display of winter garlands and floral arrangements. New for 2014 the Garden Room will be decorated with a traditional toy twig, complete with Nutcracker figures and family toys. Christmas at Castle Howard includes live music performances daily, audiences with Father Christmas and seasonal menus in the restaurants and cafe's

If this sounds good to you join the Gardening Club for it's last outing of the season. We'll be leaving Skipsea at 9.45am and will be back around 4.30pm on Monday 1st December. The cost is £18 including travel and subsidised entry to house and gardens. Ring Jackie 468680 to book.

## Farmyard Bingo at Skipsea Village Hall

Friday 14th November, Doors open 7.00pm for 7.30 start.  
 Come and join us for a fun evening. Free Entry. Bar

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