

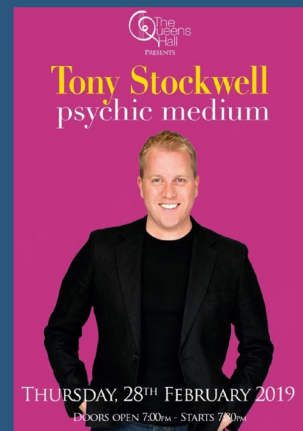
MERRY CHRISTMAS FROM  
THE QUEENS HALL



# WHAT'S ON

View the last of our '18 events  
and see what's in store for 2019

## The Queens Hall



As of December 2018

# Welcome



## Queens Hall - Open Evening & Late Night Shopping

The Queens Hall Trustees welcome you all to our first open evening. To be held at the hall on the 14th of December from 4pm - 10pm. This is much more than your typical open evening.

We are having a late night shopping evening, allowing for a chance for last minute Christmas gifts and a chance for you to sample local produce from local businesses.

We also hope to get you in the festive mood whilst you browse the market with live music from the One Voice Choir amongst other performers.

Santa's Grotto will also be available for the little ones to send off their Christmas Lists.

### Get Social

If you are in to social media, you can find us on Facebook, Twitter and Instagram to keep up to date with news and events.

If you aren't tech savvy, we can post you brochures and information that you need. Get in touch with us if we can be of assistance.

### Box Office

Our Box Office is open Monday to Friday, 10am - 5pm.  
You can call us to book tickets or for any event queries on:-

01834 861 212

Tickets are available 24/7 on our website. [www.thequeenshall.org.uk](http://www.thequeenshall.org.uk)

# Upcoming Events

## Christmas Fair

**Friday, 14 December 2018**

Do all your festive shopping under one roof with our special late night Xmas Fair. Browse among local craft and produce stalls and get in the mood with some seasonal music. The main hall will be full of festive produce with the bar open for some added seasonal cheer. Entry is free and the fair lasts from 4pm right through until 10pm.

**Price: Free**



## ABBA- Bjorn Belief

**Saturday, 15 December 2018**

Not sure what to do for your Christmas Party? or do you just fancy a great excuse for a brilliant night out? We have the perfect event for you. Begin your countdown to Christmas by joining us at The Queens Hall on the 15th of December for what is set to be an outstanding tribute to ABBA. For the last 10 years, Bjorn Belief has been at the forefront of quality tribute entertainment. Bjorn Belief's show is a fabulous concert and whilst Tina and Lorraine sound incredibly authentic, their onstage presence, sense of fun and superb onstage chemistry delights every audience. What better way to start the season? Tickets: £15 + £1 booking fee  
Doors Open: 19:30 Show Starts: 20:00 This is a standing event.

**Tickets:**

Full - £ 16.00

**£15 + £1 booking fee**

**Contact The Queens Hall on 01834 861212**



# Upcoming Events

## Film on Sunday - A MAN CALLED OVE

**Sunday, 16 December 2018**

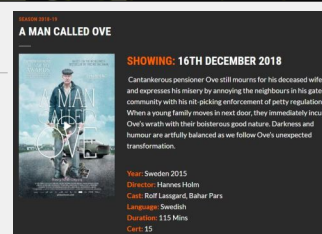
Cantankerous pensioner Ove still mourns for his deceased wife and expresses his misery by annoying the neighbours in his gated community with his nit-picking enforcement of petty regulations. When a young family moves in next door, they immediately incur Oves wrath with their boisterous good nature. Darkness and humour are artfully balanced as we follow Oves unexpected transformation.

Year: Sweden 2015  
Director: Hannes Holm  
Cast: Rolf Lassgard, Bahar Pars  
Language: Swedish  
Duration: 115 Mins  
Cert: 15

Films are screened fortnightly on Sunday evenings at The Queens Hall, Narberth, Pembrokeshire. Doors open at 7:00pm and films start at 7:30pm. We serve tea, coffee, cakes and puddings before each film. All our films are shown using the latest DVD projection equipment.

**Tickets:**

**Contact Film On Sunday on 01834 861047**



## Children's Christmas Party

**Saturday, 22 December 2018**

Get ready for a Christmas cracker of festive fun with our children's Christmas party on Saturday December 22 from 2pm to 4pm. Fun, games, bouncy castle and a special visitor from the North Pole! Just £5 a child - pay on the door.

**£5**  
**Contact The Queens Hall on 01834 861212**



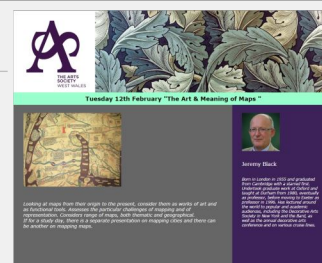
## WWDFAS - The Art & Meaning of Maps

**Tuesday, 12 February 2019**

Looking at maps from their origin to the present, consider them as works of art and as functional tools. Assesses the particular challenges of mapping and of representation. Considers range of maps, both thematic and geographical. If for a study day, there is a separate presentation on mapping cities and there can be another on mapping maps.

Presented by Jeremy Black

Contact West Wales Decorative and Fine Arts Society on 01646 600208 for tickets. Presentation starts at 11am.



**Tickets:**

# Upcoming Events

## The Zoots - Sounds of the 60's

**Friday, 15 February 2019**

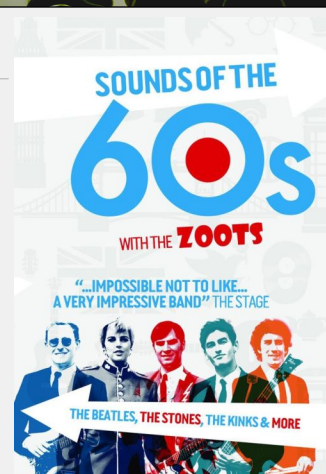
Experience the 60's tribute show that's wowing audiences around the world, selling out venues from the Palladium to Blackpool Tower – with the spectacular sounds of THE ZOOTS! THE ZOOTS are here to make your whole family bop to the '60s beats that everybody loves – with legendary numbers by the best of the '60s artists including The Beatles, The Searchers, The Rolling Stones, The Monkees, The Small Faces, The Beach Boys, The Kinks, Elvis and dozens more of your favourite artists. Feel the groove that's thrilled audiences of stage and screen, and brought the swinging sixties back to more than 30 countries!

### Tickets:

Full - £ 18.00

**£18.00**

**Contact The Queens Hall on 01834 861212**



## Tony Stockwell - Psychic Evening

**Thursday, 28 February 2019**

Tony Stockwell, Psychic Medium Remarkably compelling, amazingly detailed and always humorous The popular star of TV's Street Psychic, Psychic Private Eyes, and Psychic Academy, Tony Stockwell has a long established credibility as one of the top Intuitive Mediums and has shared the stage all round the world with international mediums such as Colin Fry, James van Praagh, and Lisa Williams. Tony demonstrates his belief that those who have passed can communicate with their loved ones with detailed messages frequently including names, dates and locations and all delivered with emotion, sensitivity, and empathy. The evening may include psychometry, photographs readings, and psychic prediction. Recent legislative guidelines insist that any Evening of Mediumship should be billed 'for entertainment purposes'. Tony certainly uses his natural wit, showmanship, and Cockney charisma to entertain but more important, Mediumship has the potential to change someone's life and instill in them a sense of peace, comfort and purpose. We hope that nobody can fail to come away untouched by the experience

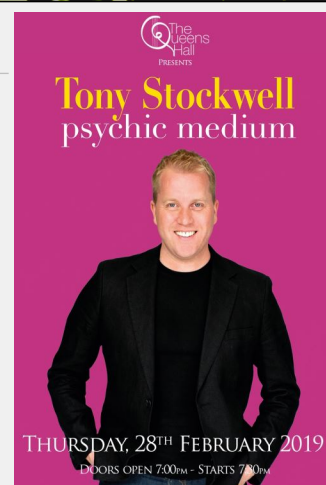
### Tickets:

Psychic Evening - 1st 5 Rows of Seating - £ 23.00

Psychic Evening - Standard seated ticket - £ 21.00

**£23 first 5 rows seating & £21 standard seated ticket**

**Contact The Queens Hall on 01834 861212**



# Upcoming Events

## Dire Straits UK - The Alchemy Tour

**Saturday, 2 March 2019**

Experience the magic of Dire Straits music, performed by 6 super-fans of Mark Knopfler, John Illsley, Terry Williams, Phil Palmer, Chris White, Alan Clarke, Guy Fletcher, Chris Whitten, Pick Withers and Mark's brother David. Inducted into the Rock n Roll Hall of Fame in 2018, their legacy leaves two decades of timeless music for us to enjoy including the rock classics Money for Nothing, Sultans of Swing and many more. Dire Straits:UK bring the experience of one of Dire Straits' most iconic concerts and albums to UK Theatres in 2019 with "The Alchemy Tour". "Alchemy" was Dire Straits first big LIVE album, recorded at the Hammersmith Odeon in July of 1983 during the last two shows of the "Love Over Gold" tour. The Alchemy Album included selected Dire Straits hits from the concerts, which also featured many other fan favourite songs that didn't make it onto the Live Album itself. Dire Straits UK have since discovered the Set Lists for these Concerts, and will be playing the Concert in it's entirety throughout the 2019 tour. Don't worry though - we're not going to miss out the band's biggest tracks from later years as well! "The Alchemy Tour" will be one NOT to miss in 2019. All under 25s may be asked to produce valid ID Under 16 year olds must be accompanied by an adult with a ticket to the show. Tickets £20 + £1 booking fee.

### Tickets:

Dire Straits - Alchemy Tour - Full Ticket - £ 21.00

**£20 + £1 booking fee**

**Contact The Queens Hall on 01834 861212**



## Hayseed Dixie - Tour of Wales 2019

**Wednesday, 6 March 2019**

Hayseed Dixie was formed in the summer of 2000 on the front porch of a cabin in the Appalachian Mountains of East Tennessee, when after drinking enough whiskey to float a battleship across the Sahara Desert, it became suddenly obvious to the boys that the Lost Highway of Hank Williams and the Highway To Hell of AC/DC were the same damned road. The rest of the world first got a taste of the boys on April 17, 2001 with the release of their first album, titled A Hillbilly Tribute To AC/DC.

The band has since gone on to record 13 further albums containing both original songs and reinterpretations of previously known works, albeit in their own inimitable style. Having sold over half a million albums worldwide and having played more than 1,000 live shows on every continent except Antarctica, Hayseed Dixie are acknowledged as the creators of the musical genre Rockgrass.

Seated show - Patrons under 25 may be asked for ID. All children under 16 must be accompanied by an full paying adult.

### Tickets:

Hayseed Dixie - Tour of Wales 2019 - Full - £ 19.50

**£18.50 + £1 Booking Fee**

**Contact The Queens Hall on 01834 861212**



# Upcoming Events

## WWDFAS - The Guggenheims: A Dynasty of Art Collectors

**Tuesday, 19 March 2019**

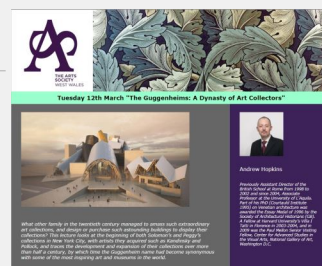
What other family in the twentieth century managed to amass such extraordinary art collections, and design or purchase such astounding buildings to display their collections? This lecture looks at the beginning of both Solomons and Peggys collections in New York City, with artists they acquired such as Kandinsky and Pollock, and traces the development and expansion of their collections over more than half a century, by which time the Guggenheim name had become synonymous with some of the most inspiring art and museums in the world.

Presented by Andrew Hopkins

Contact West Wales Decorative and Fine Arts Society on 01646 600208 for tickets. Presentation starts at 11am.

**Tickets:**

**Contact West Wales Decorative and Fine Arts Society on 01646 600208**



## The History of Rock Show

**Saturday, 30 March 2019**

THE HISTORY OF ROCK is a celebration of ROCK music through the decades. A jaw-dropping night transporting you through the golden ages of ROCK! Featuring the music of artists such as Led Zeppelin, Cream, Guns n Roses, AC/DC, Queen and many more.

Rediscover the seeds of ROCK ROLL in the 1950s, the birth of ROCK in the 60s, right through to the CLASSIC ROCK of the 70s and 80s.

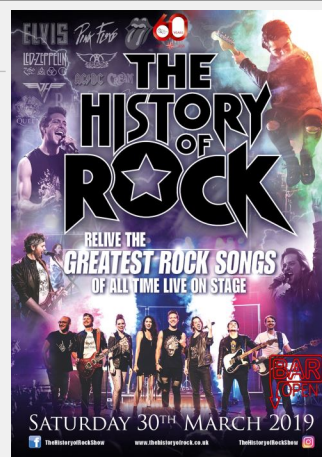
A must see for any fan of ROCK! Experience this iconic music brought back to life by an exceptional 8 piece band consisting of some of the finest musicians and performers from around the world, original visual footage of the featured bands and artists, as well as incredible concert staging and lighting.

Relive the greatest Rock songs of all time with THE HISTORY OF ROCK.

**Tickets:**

The History of Rock Show - 1st 5 Rows - £ 23.50  
The History of Rock Show - Standard Ticket - £ 20.50

**1st 5 rows - £23.50 inc Booking Fee or £20.50 standard seat inc Booking fee**  
**Contact The Queens Hall on 01834 861212**



# Upcoming Events

## WWDFAS - The World of Graham Sutherland & John Piper

**Tuesday, 9 April 2019**

The careers of John Piper and Graham Sutherland followed surprisingly similar paths. Born in the same year 1903 - they both attended Epsom College, then commenced different careers before attending art college. Along with other English Neo-Romantics, each was influenced by William Blake and Samuel Palmer. They were also able to embrace European modernism in a way that enabled their work to remain accessible to the general public. Piper and Sutherland worked in a variety of media, producing astonishing bodies of work; each was an Official War Artist in the Second World War, and each went on to create moving and inspirational works of religious art

Presented by Valerie Woodgate

Contact West Wales Decorative and Fine Arts Society on 01646 600208 for tickets. Presentation starts at 11am.

**Tickets:**

**Contact West Wales Decorative and Fine Arts Society on 01646 600208**



## WWDFAS - The Art of the Shell, an object of wonder from the natural world

**Tuesday, 14 May 2019**

The shell is an attribute of Aphrodite who was conveyed to Paphos on a shell; of Triton who calmed the waves by blowing a conch trumpet and of the pilgrim as seen, for example in scallop shells at the cathedral of Santiago de Compostela. As exotic and beautiful objects of wonder, realistic groups of shells were faithfully reproduced within Dutch still life paintings of the 17th century. Real shells featured in grottos, such as that in Florence's Boboli Gardens and as a decorative motif appear in European interiors of the Baroque and Rococo. Exotic and fragile shells were traded from the eastern seas, carved as cameos, ground into artists pigment, and mounted as drinking vessels in precious silver gilt, to be admired as wonders of the natural world in princely Cabinets of Curiosities. Mother-of-pearl has long been utilised as a decorative inlay on rare works of art from India and Japan and tortoiseshell was manipulated as a veneer for fine furniture. The lecture considers the beauty of shells in all of their variety.

Presented by Anne Howarth

Contact West Wales Decorative and Fine Arts Society on 01646 600208 for tickets. Presentation starts at 11am.

**Tickets:**

**Contact West Wales Decorative and Fine Arts Society on 01646 600208**





# Upcoming Events

## Never 42 - Tribute to Level 42

**Saturday, 18 May 2019**

This impressive 5 piece band whose members include Howie Rogers (bass, vocals), Garreth Hicklin (Keyboards, vocals), Mike Wheeler (drums, vocals), Tom Wright (guitar, vocals) and Richard Pardy (Sax & Alto Sax), formed in 2010. Individually brilliant musicians, they bring to the band extensive musical careers which include touring with professional music groups (The Illegal Eagles and The Billy Joel Songbook) and alongside professional session musicians. Never 42 is the expression of their combined passion for the musicianship of Mark King and Mike Lindup and the upbeat jazz funk sound that is Level 42. Since forming the band, they have gained many fans and worked on honing their tribute act to perfection

### Tickets:

Earlybird - £ 16.00

**Contact The Queens Hall on 01834 861212**



## WWDFAS - From Impressionism to Blast: The Emergence of Modernism on the Eve of the First World War

**Tuesday, 11 June 2019**

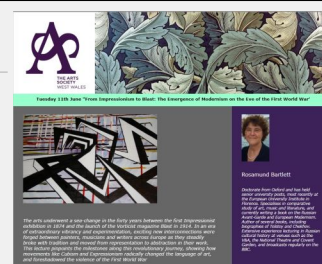
The arts underwent a sea-change in the forty years between the first Impressionist exhibition in 1874 and the launch of the Vorticist magazine Blast in 1914. In an era of extraordinary vibrancy and experimentation, exciting new interconnections were forged between painters, musicians and writers across Europe as they steadily broke with tradition and moved from representation to abstraction in their work. This lecture pinpoints the milestones along this revolutionary journey, showing how movements like Cubism and Expressionism radically changed the language of art, and foreshadowed the violence of the First World War

Presented by Rosamund Bartlett

Contact West Wales Decorative and Fine Arts Society on 01646 600208 for tickets. Presentation starts at 11am.

### Tickets:

**Contact West Wales Decorative and Fine Arts Society on 01646 600208**



## Genesis Legacy

**Saturday, 15 June 2019**

"Genesis Legacy" is an outstanding touring show celebrating the musical careers of Phil Collins, Mike Rutherford's Mike and the Mechanics, Pete Gabriel, Steve Hackett and the band that brought them all together - Genesis! See them at the Queens Hall, Narberth, on June 15.

### Tickets:

Full - £ 20.00



# Upcoming Events

## The Jam'd - 2019 Tour

**Saturday, 27 July 2019**

The Queens Hall, is delighted to welcome the UK's number 1 tribute to The Jam to Narberth again in 2019. With their own brass section, The Jam'd are entirely committed to providing audiences with a memorable and authentic performance with all the energy, passion and style you could dream of. As full time touring professional musicians, and massive Jam fans themselves, the band don't "try to be" or "pretend to be" The Jam, but rather put on a performance from the heart and soul, drawing on all their memories, experiences and love of what was the country's biggest band in their day. The band have spent past years gigging up and down the UK at festivals, scooter rallies and some of the UK's top tribute venues & events! The performance also includes the only replica of Rick Bucklers 'Great White' drum kit

### Tickets:

Full - £ 16.00

**Contact The Queens Hall on 01834 861212**

**THE QUEENS HALL**  
High Street, Narberth, Pembrokeshire. SA67 7AS

LOW SCOOTER RALLY:  
"THE BEST JAM TRIBUTE  
YOU'LL EVER SEE!"

"NOT JUST ANOTHER TRIBUTE.  
THESE GUYS ARE  
THE REAL DEAL!"

**The Jam'd**

**LIVE!**

WITH  
BRASS SECTION! the UK's number 1 tribute

[www.thejamd.com](http://www.thejamd.com) [f thejamdofficial](https://www.facebook.com/thejamdofficial)

**SATURDAY 27th JULY**  
Tickets £15 adv. [www.thequeenshall.org.uk](http://www.thequeenshall.org.uk)

## Robert Temple - Comedy Hypnotist

**Friday, 11 October 2019**

Join leading hypnotist Robert Temple on a fast-paced, laugh-out-loud and hysterical ride to the centre of your imagination! This is your chance to become the star of this unforgettable show. Forget tired old pocket watches and people clucking like chickens - The Hypnotist: Live & Outrageous is a cutting-edge, thrilling show featuring incredible hypnosis and never before seen side splitting sketches...which are guaranteed to tickle the very naughtiest parts of your mind. Whether you want to take part or just laugh at the people who do - this will be one of the funniest shows you'll see this year - so don't miss out. If you're looking to step into the spotlight and delight your friends with some adult humour, it's your time to shine... or, you can sit back, relax, and split your sides as Robert orchestrates the hilariously inappropriate shenanigans happening onstage. Easily offended? Better look elsewhere - this is the show that gets a bit rude. Strictly over-18's only.

### Tickets:

Seating in first 5 Rows - £ 22.50

Full - £ 20.50

**Firsy 5 rows: £21.50 + £1 booking fee Standard: £19.50 + £1 booking fee**

**Contact The Queens Hall on 01834 861212**

**THE HYPNOSIS SHOW  
THEY TRIED TO BAN!**

**ROBERT TEMPLE**

Definitely NOT for the easily offended!

18

A World Class Performance with a Rungic Personality

Amazing - hilarious if you're class

**The HYPNOTIST**  
Live & Outrageous

[WWW.THEHYPNOTISTLIVE.COM](http://WWW.THEHYPNOTISTLIVE.COM)

# Upcoming Events

## Quadrophenia Club Night

**Friday, 25 October 2019**

Get ready to dance until you drop with the Quadrophenia club night on Friday, October 25! To celebrate the 40th anniversary of this iconic film, The Queens Hall together with The Sounds That History Saved Artist Agency are putting on a special themed club night with live tribute band Who's Next plus DJ Drew Stansall from the Specials and Prince Buster spinning the best in mod, ska, two-tone, 60s, R&B and soul. Headline band Who's Next will be playing the hits from the film including iconic mod tracks including Louie Louie, You Really Got Me, Green Onions, Da Doo Ron Ron, My Generation, The Real Me, Bell Boy etc. The DJ will then finish the night spinning tracks until 12.30am. Tickets are £18.



### **Tickets:**

Full - £ 18.00

**18**  
**Contact The Queens Hall on 01834 861212**

# Regular Events

The Queens Hall host a vast amount of events that happen daily, monthly and weekly and depending on the time of year there can sometimes be more events on at the hall for the local community than there are at others. Here we host a more in depth view of those events that are here at the Queens Hall week in and week out.

If you would like to host your event or group here at the Queens Hall, you can find out more information by visiting our Organisations page and see who already class us as their home and also find out more information about why the Queens Hall can benefit you.

## Mondays

### Pembrokeshire Pilates Classes

Rebecca from Pembrokeshire Pilates is now hosting sessions at the Queens Hall. Featuring a range of instructors and open to all different requirements and needs, you can now get top class fitness and training right here at the Queens Hall.

Whether you need some physiotherapy or you just plan on keeping fit, contact Rebecca and her team for information on the 3 different sessions now hosted weekly at the Queens Hall. If keeping fit is on your mind in 2016, pilates classes in Pembrokeshire hosted at the Queens Hall is right up your street.

Pilates is the antidote to the modern day stresses and strains of sitting in cars and at work stations etc. slumping, hunching and ruining our postures. If the tracking is out on your car, you get it fixed to avoid wear and tear of the tyres. If your posture is out, what do you do?

Pilates is an ideal exercise for those needing rehabilitation exercise through physical therapy (one to one sessions recommended)

Pilates Classes There are 2 separate sessions on a Monday and one on Friday.

Monday's sessions are:

09:30 - 11:45am

5:30 - 7:30pm.



## Tuesdays

### Zumba

Perfect For:

Everybody and every body! Each Zumba(r)class is designed to bring people together to sweat it on.

How It Works

We take the work out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba(r)Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check.

Benefits

A total workout, combining all elements of fitness cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.

Turn up to the classes at the Queens Hall every Tuesday, pay your class fee then dance your way to fitness. Tracey is a renowned Zumba teacher and part of the Zumba UK organisation.

Every Tuesday at 6:30pm



# Wednesdays

## Lau Gar Kung Fu (For Adults)

Lau Gar Kung Fu School at The Queens Hall has been running for nearly 20 years, senior instructor Jason Crabtree has taught over 20 students to black sash level and beyond, Sifu Crabtree is very proud of all his student's hard work and achievements. When students enrol at our classes they will be taught the basics which will include, various hand strikes, kicking techniques, stance work, how to block and disarm an attacker, also when you progress through the style traditional Kung Fu weapons are taught. Students will follow a syllabus laid down by their chief instructor Master Jeremy Yau from Hong Kong as with all registered martial arts. This is paramount and fundamental in the protection of the student to ensure they're getting the best out of something that they are investing in with time, money and above all effort. Classes are suitable for men, women and children. Senior instructor Jason Crabtree; a 6th Degree Black sash, welcomes new students and is happy to answer any queries you may have. Classes are held every Wednesday at The Queens Hall, classes are also held in Haverfordwest, Tenby and Fishguard.

~Adults Kung Fu 18:30 - 20:30~ Contact details: Jason Crabtree ~ Mobile 07795 965582 ~ Website [www.lau-gar.com](http://www.lau-gar.com) ~ Visit our Facebook page Wales Lau Gar

### KUNG FU

LAU GAR KUNG FU IS A PRACTICAL, DIRECT AND EFFECTIVE MARTIAL ART, EXCELLENT FOR SELF DEFENCE, CONFIDENCE BUILDING AND FITNESS.

LEARN FROM A QUALIFIED TEACHER WITH MANY YEARS EXPERIENCE, IN A SAFE AND FRIENDLY ENVIRONMENT.

ALL ABILITIES ARE CATERED FOR, REGARDLESS OF GENDER, SIZE OR AGE. NO EXPERIENCE IS NECESSARY.

NEW BEGINNERS WELCOME



**SELF DEFENCE**  
**FITNESS**  
**CONFIDENCE**  
**FLEXIBILITY**  
**GET INSPIRED**

**CLASS TIMES**

Monday 8:30 - 9:30am  
Mary Immaculate School, Haverfordwest

Tuesday 8:30 - 9:30am  
Tenby Leisure Centre

Wednesday 8:30 - 9:30am  
Queens Hall, Narberth

Friday 8:30 - 10:00am  
Fishguard Leisure Centre

SIFU JASON CRABTREE:  
Tel - 07795 965582 or 01834 869192  
Email - [jcrabtree@lau-gar.com](mailto:jcrabtree@lau-gar.com)  
Facebook - [fb.me/WalesLauGar](https://www.facebook.com/WalesLauGar)  
Visit - [www.laugar-kungfu.com](http://www.laugar-kungfu.com)

Est. 1973

## Lau Gar Kung Fu (Little Dragons)

Let your little ones take part in a weekly after-school activity and bring them along to Lau Gar Kung Fu. When students enrol at our classes then will be taught the basics which will include, various hand strikes, kicking techniques, stance work, how to block and disarm an attacker, also when you progress through the style traditional Kung Fu weapons are taught. Lau Gar Kung Fu is an excellent form of self-defence, it can be learned by anyone regardless of size, strength or gender. Lau Gar Kung Fu is a direct, practical and effective Martial Art. It has its roots dating back to the Shaolin Temple over 1500 years ago.

Little Dragons 17:00-18:00 age 6 to 11 years old ~ Contact details: Jason Crabtree ~ Mobile 07795 965582 ~ Website [www.lau-gar.com](http://www.lau-gar.com) ~ Visit our Facebook page Wales Lau Gar

### KUNG FU FOR KIDS

LITTLE DRAGONS KUNG FU IS A FUN PACKED MARTIAL ARTS LESSON SUITABLE FOR BOYS AND GIRLS FROM THE AGES OF 6-11.

HELPS DEVELOP MULTIPLE PRACTICAL SKILLS WHILST IN A SAFE AND FRIENDLY ENVIRONMENT.

TAUGHT BY A QUALIFIED TEACHER WITH MANY YEARS EXPERIENCE.

NEW BEGINNERS WELCOME



**SELF DEFENCE**  
**CONFIDENCE**  
**FITNESS**  
**FLEXIBILITY**  
**ACHIEVEMENT**

**CLASS TIMES**

Monday 5:30 - 6:30pm  
Mary Immaculate School, Haverfordwest

Tuesday 5:30 - 6:30pm  
Tenby Leisure Centre

Wednesday 5:30 - 6:30pm  
Queens Hall, Narberth

Friday 8:00am  
Fishguard Leisure Centre

SIFU JASON CRABTREE:  
Tel - 07795 965582 or 01834 869192  
Email - [jcrabtree@lau-gar.com](mailto:jcrabtree@lau-gar.com)  
Facebook - [fb.me/WalesLauGar](https://www.facebook.com/WalesLauGar)  
Visit - [www.laugar-kungfu.com](http://www.laugar-kungfu.com)

Est. 1973

# Thursdays

## Little Melodies Music & Dance

A fun, energetic, musical singing and movement class with nursery rhymes and songs, aiming to enhance a child's pre-school education by encouraging their interest and enjoyment of music.



# Fridays

## Narberth Handmade Market

Narberth Producers Market is the new formation of what was the Country Market. Following a change in members in September 2014, the Country Market swapped into the popular Producers Market. Their popular range of stalls the host everything from fresh cakes to preserves and handcrafted home decorations to knitted clothing and bedding plants to household plants. Narberth Producers Market is and always has been a popular weekly attraction to not only Narberth as a town but people from the wider community who come to this FREE market.

If you are a local trader who would like to get involved with the Market and showcase your homemade products to sell to the public, what better place to start than a well established and popular, weekly local market in the well-known venue of the Queens Hall. What are you waiting for?. Visit the Market at the Queens Hall - Every Friday



## Pembrokeshire Pilates Classes Friday

Rebecca's final session of the week is on a Friday morning.

Proving hugely popular, her 3 times weekly Pilates classes right here in Pembrokeshire are suitable for people needing rehabilitation, physiotherapy or even those who just want to try some new exciting fitness and tone themselves up.

Rebecca can also supply you with one to one sessions no matter what your level of experience or needs. Call Rebecca to find out more or find Pembrokeshire Pilates on Facebook.

Pilates is recommended by those in the chiropractic and physiotherapy profession for strengthening the core muscles which support the spine. After regularly practicing Pilates one can expect increased mobility in the joints, a flatter stomach, a thinner and stronger waist, back, thighs and improved circulation. Regain the ability to move easily and without pain.



Advertise Here  
for £15.

Call us  
01834 861 212

### Advertise Here

Would you like to advertise in the Queens Hall's e-Brochure?. You can advertise in the next edition from the end of March for just 15 plus VAT. Your advert will run for approximately 6-8 weeks on our digital and printed platform of the new programme.

The programme will be available from our website, social media as well as via the Hall and local distribution outlets.

To advertise in the next edition, call us on 01834 861 212

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We're delighted to thank DP Building Supplies for their continued support to the Queens Hall via their Narberth Depot.



We'd like to offer our thanks to Station Self Drive - Haverfordwest for their recent support to the Queens Hall.

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