

NORFOLK VEGETARIAN & VEGAN SOCIETY

Programme 2009/2010

1. **Saturday 9th May 2009, 12.30pm, Sheringham Park.** Meet near the Visitor Centre for bring your own picnic lunch followed by a walk through the park. Rhododendrons and azaleas should be in bloom but the park is lovely at any time of year.
2. **Sunday 14th June 2009 12,30pm, Hillside Animal and Shire Horse Sanctuary, West Runton, Nr Sheringham, NR27 9QH.** Meet for picnic or lunch in the vegan café followed by a visit to the rescued animals and the shire horses. Tea and cakes can be had in the café after touring the site.
3. **Friday, Saturday, Sunday 10/11/12th July 2009,** Camping weekend at Happisburgh. Friendly camping weekend at one of Norfolk's special places. If interested, please contact Jane or John on: 01263 -821609 as reservations need to made so that we are all camped together. Veggie BBQ on the Saturday afternoon at 3.00pm, day visitors welcome.
4. **Saturday 8th August 2009 2.00pm, Walk around Pigney's Wood, North Walsham,** hosted by Cheryl and Stewart Macinnes of 59, Bluebell Road, North Walsham, NR28 9ET, then back to their house for tea and cakes. For further details, Contact Cheryl or Stewart on: 01692 – 404355.
5. **Saturday, 12 September 2009, 12.30pm,** Friendly Lunch at The Coffee Lounge, Orchard Room, Mangreen.
6. **Saturday 10 October 2009, 12.30pm,** - Friendly Lunch at The Coffee Lounge, Orchard Room, Mangreen.
7. **Saturday 14 November 2009, 12.30pm,** Friendly Xmas Lunch at The Coffee Lounge, Orchard Room, Mangreen.
8. **Saturday 12th December 2009, 12.30pm,** Friendly Lunch at the Coffee Lounge, Orchard Room, Mangreen.
9. **Saturday 9 January 2010, 12.30pm,** Friendly Lunch at the Coffee Lounge, Orchard Room, Mangreen.
10. **Saturday 13 February 2010, 12.30pm,** Friendly Lunch at The Coffee Lounge, Orchard Room, Mangreen.
11. **Saturday 13 March 2010, 12.30pm,** Friendly Lunch at The Coffee Lounge, Orchard Room, Mangreen.
12. **Saturday 10 April 2010, 12.30pm,** Friendly Lunch at The Coffee Lounge, Orchard Room, Mangreen, followed by our annual meeting.

All the above friendly lunch dates are reserved with Mangreen.

Friendly Lunches involve 'bring and share' dishes. Directions to Mangreen for new members are printed on the reverse of the Membership Application Form.

Further information on the above events can be obtained from our Secretary:-

Mrs Cheryl Macinnes

Tel: 01692 –404355

Email: vegnorfolk =at= clara.co.uk [replace =at= with @]