



What's On January 2026

SUN 05	7PM	Essex Chamber Orchestra www.essexchamberorchestra.com
WED 07	2PM	Fryerning WI Meeting New Year Quiz & Social Contact 01245 382233
THUR 08	2PM	IFCA Bingo £8 IFCA Members / £10 Non-Members Contact 01277 352064 / welcome@ifcc.org.uk
THUR 15	2:30PM Doors 2PM	Ingatestone Community Cinema The Post Contact 01277 352064 / welcome@ifcc.org.uk
WED 21	7PM	The Arts Society - Speaker: Anne Haworth "From Vincennes to Sevres, French Porcelain" Contact 01277 356634 / http://www.tasbd.org.uk
FRI 30	7.30PM	IFCA AGM - MEMBERS ONLY Contact 01277 352064 / welcome@ifcc.org.uk

MEMBER NOTICES

Please renew your membership by no later than 31st January 2026 to continue to enjoy members benefits.

A polite reminder to all members - to enjoy our discounted member drink prices, please remember to show your valid membership card at the bar before placing your order. Thank you for your understanding.

Weekly Classes & Events

MONDAYS	
10-11AM	Zumba - 07802 443018 (no class 5 th 12 th or 19 th)
6 - 6.45PM	Power Hoop - 07855 023279
7 - 8 PM	Aerobics - 07935 232495
TUESDAYS	
10-12NOON	IFCA Coffee Morning - 01277 352064
12.30-1.30PM	Digital Drop In Session - 01277 354018
WEDNESDAYS	
10AM-12.15PM	Seated Yoga - samgoldenyoga@btinternet.com
THURSDAYS	
12 - 1.30PM	Over 60's Lunch - 01277 352064
5 - 7PM	Cricket - Secondary School Girls youthcricket@ifcc.co.uk
FRIDAYS	
9.30-10.30AM	Pilates - www.simplypowerpilates.co.uk (no class 26 th)
12.45-2.45PM	The Sound Collective Choir (no session 26 th) - www.thesoundcollective.co.uk
4 - 7PM	Cricket - U9's, U7's and Women's Training youthcricket@ifcc.co.uk
SATURDAYS	
9.30AM - 1PM	The Dance Co. - www.thedance-co.co.uk