

# THE WOODLANDS CENTRE, RUSTINGTON YOUTH CENTRE AND SAMUEL WICKENS CENTRE

## Organisations and Activities Taking Place on a Regular Basis

### THE WOODLANDS CENTRE

<a href="#">Age UK Daybreak Dementia Activity Group</a>	Weekly	Ms L Harwood (Co-ordinator)	<a href="tel:07563383047">Tel:07563 383 047</a>
"    "    "		Mr C Rayner (Manager)	<a href="tel:07904977251">Tel:07904 977 251</a>
<a href="#">Alzheimers Society Carers Support Group</a>	Monthly (as advertised)	Dementia Connect	<a href="tel:03331503456">Tel:03331 503 456</a>
<a href="#">Arun Antique Collectors Fair</a>	Monthly, 1st Sunday (10.00 am-3.30 pm)	Ms T Esfahani	<a href="tel:07563589725">Tel:07563 589 725</a>
<a href="#">The Arts Society Arun</a>	Monthly, 3rd Tuesday (morning)	Ms M Bell	<a href="tel:01903776745">Tel:01903 776 745</a>
<a href="#">Arun East u3a</a>		All enquiries	<a href="tel:07849633750">Tel:07849 633 750</a>
Line Dancing	Weekly, Wednesday (morning)	"    "    "	"    "    "
Wednesday Workout	Weekly, Wednesday (morning)	"    "    "	"    "    "
Monthly Meetings	Monthly, 3rd Wednesday (afternoon)	"    "    "	"    "    "
Line Dancing	Weekly, Thursday (morning)	"    "    "	"    "    "
History Lectures	Monthly, 1st Thursday (afternoon)	"    "    "	"    "    "
Photography Group	Bi-monthly, 3rd Thursday (afternoon)	"    "    "	"    "    "
<a href="#">Diamond Dance - Freestyle Party Dance</a>	Monthly, Friday (evening as advertised)	Sue Diamond-Levy	<a href="tel:07500898283">Tel:07500 898 283</a>
<a href="#">JR's Rustlers - Line Dance Club</a>	Weekly, Monday (evening)	Ron Tate	<a href="tel:07776222417">Tel:07776 222 417</a>
<a href="#">Rustington Heritage Association</a>	Monthly, 2nd Thursday (afternoon)	Sheila Marsden	<a href="tel:01903770415">Tel:01903 770 415</a>
<a href="#">Rustington Horticultural Association</a>	Seasonal Shows	Secretary	<a href="tel:01903856007">Tel: 01903 856 007</a>
<a href="#">Rustington Players</a>	3 Productions per year	Mrs J Onslow	<a href="tel:07747846768">Tel:07747 846 768</a>
<a href="#">Rustington Short Mat Bowls Club</a>	Weekly, Wednesday (evening)	Mrs L May	<a href="tel:01903772849">Tel:01903 772 849</a>
"    "    "	Weekly, Tuesday & Friday (morning)	"    "    "	"    "    "
<a href="#">Rustington W.I.</a>	Monthly, 3rd Tuesday (afternoon)	Mrs P Lovegrove	<a href="tel:01903772725">Tel:01903 772 725</a>
<a href="#">Slimming World</a>	Weekly, Tuesday (morning)	Michele Hughes	<a href="tel:07415803866">Tel:07415 803 866</a>
<a href="#">Theatre Academy Studios</a>	Weekly, Monday & Friday (evening)(term time only)	Tilly Ford	<a href="tel:07983584792">Tel:07983 584 792</a>
<a href="#">Woodlands Table Tennis Club</a>	Weekly, Tuesday (evening)	Barbara Bayford	<a href="tel:01903773306">Tel:01903 773 306</a>
"    "    "	Weekly, Thursday (evening)	Alan Gess	<a href="tel:01243554179">Tel:01243 554 179</a>

### RUSTINGTON YOUTH CENTRE

<a href="#">Dance Beat Studio</a>	Weekly, Tuesday (evening) (term time only)	Sally Parkinson	<a href="tel:07977344373">Tel:07977 344 373</a>
<a href="#">Little Explorers Pre-School</a>	Monday to Friday (morning) (term time only)	Mrs T Howman	<a href="tel:07774909369">Tel:07774 909 369</a>
<a href="#">RCCG Oasis of Love - Church Group</a>	Weekly, Sunday (morning)	Kemi Adeyefa-ojomo	<a href="tel:07947307714">Tel:07947 307 714</a>
<a href="#">Virtuoso Dance Company</a>	Weekly, Saturday (morning)	Hayley Gentry	<a href="tel:07305361846">Tel:07305 361 846</a>

### SAMUEL WICKENS CENTRE

<a href="#">Arun East u3a - Ukulele Group</a>	Monthly, 2nd & 4th Thursday (afternoon)	All enquiries	<a href="tel:07849633750">Tel:07849 633 750</a>
<a href="#">Rustington Platinum Club</a>	Monday to Thursday (various times)	Annet Ziraba	<a href="tel:07877253470">Tel:07877 253 470</a>
<a href="#">Yas Yoga</a>	Weekly, Monday (evening)	Yasue Hodge	<a href="tel:07854485389">Tel:07854 485 389</a>

**Also available for: Wedding Receptions, Birthday and Children's Parties,  
Table Sales, Fashion Shows, Business Seminars**

**For further information please call Rustington Parish Council  
Telephone: 01903 786 420 or Email: [enquiry@rustingtonpc.org](mailto:enquiry@rustingtonpc.org)**

