

THE WOODLANDS CENTRE, RUSTINGTON YOUTH CENTRE AND SAMUEL WICKENS CENTRE

Organisations and Activities Taking Place on a Regular Basis

THE WOODLANDS CENTRE

Age UK Daybreak Dementia Activity Group	Weekly	Ms L Harwood (Co-ordinator)	Tel:07563 383 047
"" "" ""		Mr C Rayner (Manager)	Tel:07904 977 251
Alzheimers Society Carers Support Group	Monthly (as advertised - phone to register interest)	Dementia Connect	Tel:03331 503 456
The Arts Society Arun	Monthly, 3rd Tuesday (morning)	Chairman	Tel:07470 667 934
Arun Antique Collectors Fair	Monthly, 1st Sunday (10.00 am-3.30 pm)	Ms T Esfahani	Tel:07563 589 725
Arun East u3a		All enquiries	Tel:07849 633 750
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)	"" "" ""	
Arun Holistic Energy Recharge	Monthly, 4th Thursday (morning)	Ian Ford	Tel:01243 820 330
Baby Superstars	Weekly, Monday (morning)(term time only)	Vicki Russell	Tel:07909 873 372
Diamond Dance - Freestyle Party Dance	Monthly, Friday (evening as advertised)	Sue Diamond-Levy	Tel:07500 898 283
JR's Rustlers - Line Dance Club	Weekly, Monday (evening)	Ron Tate	Tel:07776 222 417
Rustington Heritage Association	Monthly, 2nd Thursday (afternoon)	Sheila Marsden	Tel:01903 770 415
Rustington Horticultural Association	Seasonal Shows	Secretary	Tel: 01903 856 007
Rustington Players	3 Productions per year	Mrs J Onslow	Tel:07747 846 768
Rustington Short Mat Bowls Club	Weekly, Wednesday (evening)	Mrs L May	Tel:07397 613 531
"" "" ""	Weekly, Tuesday & Friday (morning)	"" "" ""	
Rustington W.I.	Monthly, 3rd Tuesday (afternoon)	Mrs P Lovegrove	Tel:01903 772 725
Slimming World	Weekly, Tuesday (morning)	Kirsty Cheyne	Tel:07881 614 989
Theatre Academy Studios	Weekly, Monday & Friday (evening)(term time only)	Tilly Ford	Tel:07983 584 792
Woodlands Table Tennis Club	Weekly, Tuesday (evening)	Barbara Bayford	Tel:01903 773 306
"" "" ""	Weekly, Thursday (evening)	Alan Gess	Tel:01243 554 179

RUSTINGTON YOUTH CENTRE

Arun Holistic Energy Recharge	Monthly, 2nd Friday (evening)	Ian Ford	Tel:01243 820 330
Dance Beat Studio	Weekly, Tuesday (evening)(term time only)	Sally Parkinson	Tel:07977 344 373
RCCG Oasis of Love - Church Group	Weekly, Sunday (morning)	Kemi Adeyefa-ojomo	Tel:07947 307 714
Virtuoso Dance Company	Weekly, Saturday (morning)	Hayley Gentry	Tel:07305 361 846

SAMUEL WICKENS CENTRE

Arun East u3a - Ukulele Group	Monthly, 2nd & 4th Thursday (afternoon)	All enquiries	Tel:07849 633 750
RNID	Monthly, 3rd Friday (afternoon)	Lyndsay McCrickard	Tel:07484 411 836
Rustington Platinum Club	Monday to Thursday (various times)	Annet Ziraba	Tel:07877 253 470
Yasyoga	Weekly, Monday (evening)	Yasue Hodge	Tel:07854 485 389

**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**

