

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
Alzheimer's Society Carers Support Group	Monthly (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)	" " "	" " "
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
Paracise & Zumba Gold	Weekly, Friday (morning)	Ellen Driscoll	Tel:07882 401 679
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)	All enquiries	Tel:08088 080 123
Rustington Platinum Club	Monday to Thursday (various times)	Annet Ziraba	Tel:07877 253 470
St Barnabas - Bereavement Café	Fortnightly, Friday (morning)	All enquiries	Tel:01903 254 777
West Sussex Mind	Monthly (phone to register interest)	All enquiries	Tel:07932 784 979
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**

