

# FAMILIES & YOUTH

EVENT	DATE	TIME	VENUE	COST
The Milk Spot	Mondays	10-12	The Chapel	FREE
The Mortgage Mum	Nondays: 1st of month	10-12	The Chapel	FREE
The Natural Sensory Nook	Mondays	10-12:15	The Chapel	£5.5
Rub-a-Dub Baby Massage	Mondays, free taster monthly	12:15	The Chapel	FREE
Stories & Supper	Mondays	3:30-4:45	The Chapel	£2
Bunnies in the Woods	Wednesdays, 6 wk course	9:15-10:45 & 11-12:15	The Chapel	£60
Post Natal Support	Wednesdays		The Pavilion	
A space to be: Youth	Wednesdays	3:30-5:30	The Chapel	FREE
Yoof Club!	Wednesdays	6:30-8:30	The Water Tower	FREE
Diddi Dance	Thursdays	T9:30-10:15 & 10:45-11:30	The Community Hall	
Dace & Beyond: Mini Movers	Thursdays	4-5	The Community Hall	
Graylingwell Girls Football	Sundays	9:30	Havenstoke Park	£7
Silent Disco: 9-14 yrs	Thursday 19th October	6-7:30	The Chapel	£5
Santa's Grotto	8th, 9th, 10th December	2-5	The Chapel	£5

# SCHOOL HOLIDAYS

EVENT	DATE	TIME	VENUE	COST
Movie Mondays	Mondays School Holidays	9:30-3	The Chapel	FREE
Colouring Club	Tuedays School Holidays	9-4	The Chapel	FREE
Lego Room	Wednesdays School Holidays	9-4	The Chapel	FREE
Crafty Thursdays	Thursdays School Holidays	9-4	The Chapel	FREE
Games on the Green	Fridays School Holidays	9-4	The Chapel	FREE
Santa's Grotto	8th, 9th, 10th December	2-5	The Chapel	£5

## THE ARTS & CREATIVES

EVENT	DATE	TIME	VENUE	COST
<u>Art for Wellbeing</u>	Tuesdays: Fortnightly	10-12	The Chapel	FREE
Book Club	Tuesdays: Monthly	10-12	The Chapel	FREE
Watercolour Classes	Wednesdays / Fridays 10wks	10-12:15	The Community Hall	£250
Stitch Club	Wednesdays: Fortnightly	12:15	The Chapel	FREE
Big Notes Choir	Thursdays	3:30-4:45	ThePavilion	£23pm
Words out Loud Writers' Club	Saturdays: Fortnightly	9:15-10:45 & 11-12:15	The Chapel	FREE
Common Threads	Sundays: 2nd of month	10-11:30	The Community Hall	FREE
Cake Stand Pottery Workshop	Saturday 15th July	1:30-3:30	The Chapel	£65
Pumpkin Pottery Workshop	Saturday 7th October	1:30-3:30	The Chapel	£65

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## COMMUNITY & SUPPORT

EVENT	DATE	TIME	VENUE	COST
Art and Soul: Carer's Support	Mondays	10:30-12	The Community Hall	
Cruse Bereavement	Mon & Tues Fortnightly	2-3	The Chapel	FREE
IT Drop-in session	Tuesdays	10-12	The Chapel	FREE
A space to be: EAL drop-in	Tuesdays	12-2	The Chapel	FREE
Chatty Cafe	Tuesdays	2-4	The Chapel	FREE
Into the wild: adult outdoor group	Wednesdays	10-11	The Wild Space	FREE
Fish & Chip Quiz	Wednesdays: 3rd of month	7	The Chapel	£11
Community Cafe Roussillon Park	Thursdays	10:30-12	The Community Hall	FREE
	4th of month in Chapel	10:30-12	The Chapel	FREE
UK Harvest Pop-up Pantry	Fridays	3:30-4:30	The Chapel	£2.50

# EVENTS & ENTERTAINMENT

EVENT	DATE	TIME	VENUE	COST
Chichester Comedy Club	Fridays Monthly	6: Doors / 7:30 Comedy	The Chapel	£15
Foot in the door: Youth Band Night	Fridays Monthly	7	The Chapel	£0-15
Pzazz Choir	Saturday 1st July	6:30: Doors / 7:30 Start	The Chapel	£12
Dawn Gracie: Vintage Supper Club	Wednesday 5th July	5-8	The Chapel	£18
Jack Boyd: The Album Launch	Friday 21st July	7: Doors / 7:30 Start	The Chapel	£17.50
Barn Dance	Saturday 2nd September	6:30: Doors / 7 Start	The Chapel	£12.50
Janice Burns & Jon Doran	Saturday 9th September	6:30: Doors / 7:30 Start	The Chapel	£12
Lizzie Pickering: Why are we so bad at talking about grief?	Thursday 14th September	6:30: Doors / 7 Start	The Chapel	£5
Hennings wine tasting evening	Friday 15th September	6:30: Doors / 7 Start	The Chapel	£20/30
Count Basie: A Musical Legacy Unveiled	Saturday 23rd September	7: Doors / 7:30 Start	The Chapel	£15
The Tom Branson Quartet: Playing Bobby Wellins' Piano	Friday 10th October	6:30: Doors / 7 Start	The Chapel	£10
Wish We Were Pink Floyd	Saturday 25th November	6:30: Doors / 7 Start	The Chapel	£12.50
Barn Dance	Saturday 9th December	6:30: Doors / 7 Start	The Chapel	£12.50

# WELLBEING & FITNESS

YOGA & PILATES	DATE	TIME	VENUE
Pilates with Rachel	Mondays	11-12	The Pavilion Studio
Yoga with Ann	Mondays	12:30	The Pavilion Studio
Pilateswith Cecilie	Tuesdays	8-8:50am	The Pavilion Studio
	Tuesdays & Thursdays	9:30-10:30 / 11-12	
Pilates with Luci	Tuesdays & Thursdays	5:30-6:30/6:45-7:45pm	The Pavilion Studio
Yoga with Venetia	Wednesdays	8:55-10:10/10:30-11:30	The Community Hall
Yoga with Ellie	Wednesdays	6-7pm	TThe Pavilion Studio
Yoga with Ali	Saturdays	8-9am	The Pavilion Studio
Pilates with Melissa	Saturdays	9:30-10:30am	The Community Hall
Yoga with Kate	Sundays	9:30-10:30am	The Pavilion Studio
ENERGETIC CLASSES			
Mumfit	Mondays	11-12	The Pavilion Studio
Power Fitness:Power Spin	Mondays	6:45-7:30/7:45-8:30pm	The Pavilion Studio
LBT Body Workout	Fridays	9:30-10:30	The Pavilion Studio
Barre with Madison	Fridays	6 - 6:45	The Pavilion Studio
	Sundays	8-8:45	

# WELLBEING & FITNESS

DANCE	DATE	TIME	VENUE
Broadway Boogie	Mondays	5:30-6:15	The Pavilion Studio
Figure 23	Tuesdays	8-9:15pm	The Pavilion Studio
Strictly Fit	Wednesdays	7:30-8:30/8:30-9:30pm	The Pavilion Studio

## SLOW

Thai Chi with Robert	Tuesdays	3-4	The Pavilion Studio
Thai Chi with Heike	Wednesdays	11-12	The Pavilion Studio
Breathe to heal with Kate	Fridays	12:30-1:15	The Pavilion Studio
Graylingwell Heart Smart Walks	Saturdays: Monthly	10:15-11:15	The Pavilion

## ENERGETIC CLASSES

Dragonfly Bootcamp	Mondays & Thursdays	9:30-10:30am	The Pavilion Studio
Couch to 5k	Tuesdays	9:30-10:30am	Havenstoke Park
Buggyfit	Wednesdays	11-12	Havenstoke Park
Graylingwell Girls Football	Sundays	9:30	Havenstoke Park