

Adur Community Timetable

Please call 07563 382953 or email adurcommunityclubs@ageukwestsussex.org.uk to book

We look forward to welcoming you!

Monday	10.30 – 12.30	Monday Social Club* CBE class included	Marsh House, Park Lane, Southwick BN42 4DL
	14.00 – 16.00	Lancing Social Group*	Chesham House, 124 South Street, Lancing BN15 8AJ (Run by RVS)
Tuesday	10.00 – 12.00	Coffee Morning*	Both at - Milward Court Wilmot Road, Shoreham, BN43 6BU
	12.00 - 13.30	Lunch Club*	
Wednesday	10.00 – 12.00	'Welcome Club' social group	Both at - The Shoreham Centre, Room 2
	13.00 – 15.00	Bingo Club	Pond Road, Shoreham, BN43 5WU
Thursday	10.30 – 14.00	Lunch Club*	The Harriet Johnson Centre Loose Lane, Sompting, BN15 0BG
Friday	10.00 – 12.00	Friday Social Group	Both At - Avon Court, Communal Room, Avon Close, Sompting BN15 0BW
	14.30 – 16.30	Friday Club* CBE class included	

* Transport is available at these clubs, please call above number to book, additional cost will apply.

CBE = Chair based exercises