

#### What's On August 2023

Malling Community Centre cannot take responsibility for any programme changes. All events are the responsibility of the individual organisers. For tickets and more information please see individual listings.

We are open seven days a week and hours vary. Please get in touch to arrange a time to view the space or to receive our monthly guide to what is happening at Malling Community Centre.

> Malling Community Centre Spences Lane, Lewes, East Sussex, BN7 2HQ t: 01273 407537 e: mallingcentre@lewes-tc.gov.uk w: lewes-tc.gov.uk FB: LewesCommunityVenues

#### Monday

## Over 60s Monday Club 12.30 to

**14.30. Small Hall One.** Friendly social club. Held each Monday, except Bank Holidays. Contact Sylvia Johnson for more information t: 01273 474024

#### Wednesday

#### Zumba 9.15 to 10.15. Main Hall.

*(Except Tuesday 2<sup>nd</sup> Aug)* A Latin inspired dance fitness workout with Gemma Coe. Every class feels like a party! Burn calories and have fun. It's exercise in disguise. Find out more and book your first class today e: gemcoe@hotmail.co.uk

## Breathe Pilates 17.15 to 18.15.

**Small Halls.** Mindful Movement with Marina Winsor. Pilates Class suitable for all adults. For more details: t: 07429 979027 or e: breathepilates.marina@gmail.com

# Dog Training Sessions 19.00 to 20.00 and 20.00 to 21.00. Main Hall.

Lewes and District Dog Training Society. Puppy Training Courses and Dog Obedience Classes. For more information, please contact Jean Costello. Pre-booking necessary. t: 01273 686931 e: lewesdts@btinternet.com

## Friday

#### Zumba 9.30 to 10.30 Main Hall.

(Except Tuesday 2<sup>nd</sup> Aug)

A Latin inspired dance fitness workout with Gemma Coe. Every class feels like a party in disguise. Find out more and book your first class today e: gemcoe@hotmail.co.uk

## Malling Short Mat Bowls 13.30 to

**15.30. Main Hall** We are a small friendly club established in 1998. We warmly welcome new members. We have a selection of bowls available for you to try and the first week is free. For more information, please contact Club Secretary Dave Gander t: 01273 475566.

# Sunday

## Bridgeview Judo 17.30 to 20.15

Main Hall. Training for all ages eight years and up (Children from five to seven years are subject to coaching team approval). Club established for 31 years. New members welcome. e: lewesjudo@gmail.com

# **One Off Events**

## Saturday 5 July 16.00-18.00 Daddy's Day by Lissy Read

**Main Hall.** A singing concert in memory of Sam Read, by 9 year old Lissy Read and Caz Garwood. Includes cake sale and refreshments. All proceeds go to Macmillan Cancer Support and St Wilfreds Hospice. For more info contact Stacy: 07516222494. Adults £5. Children £2.50.