

FREE Activity Clubs for Kids

Healthy Cornwall have spaces available to take part in their FREE Activity

For more information please click here





Saturday 2 December 2023 10am - 4pm Devoran Village Hall TR3 6PW

Contemporary Arts and Crafts by local makers including

Reece Ingram, Lucy Spink, Minnie McNaughton,

Sarah Seddon, Nicola Martin, Sandra Austin, Rebecca Walklett,

Carl Austin, Amy Cooper, Republic of Happy,

Deborah Irvine, Tristan Sherwood.

Catering by Pretty Tasty Cornwall.

For more info visit Facebook.com/creekartsandcrafts



Cornwall Family Wellbeing Fair

A fun day out connecting families with local emotional & physical wellbeing support

FEATURING

Wellbeing stalls, family-friendly taster sessions face-painting, music, gifts, holistic health, wellbeing products and more!

MOUNT PLEASANT ECO PARK, PORTHTOWAN TR4 8HL



Sunday 19th November 10am-4pm

IN COLLABORATION WITH:

CONSCIOUS CALM



Y6 Activity Morning Sat 18th November 2023 9:30am - 2:00pm



Celebrating Cornwall

Help us celebrate everything Cornwall has to teach and offer us. Our countryside and coastline offers surfing to fossil hunting, shipwrecks to farmland, folklore, heroes, feasts and festivals. Please feel free to come dressed as any Cornish character if you would like ... Mermaids, Pirates, Piskies & Poldarks welcome!

Open to any pupil currently in Year 6. The morning includes themed activities, fun lessons, games and lunch.







Pendennis Community Centre



OUR VOLUNTEER RUN CAFE IS OPEN: 9AM-1PM MONDAY -SATURDAY SERVING HOT AND COLD DRINKS AND CAKES



WE ARE DOG FRIENDLY TOO



WE HAVE A COMMUNITY BOOK LIBRARY (DONATIONS IN GOOD QUALITY BOOKS WELCOME)



MONDAY

CIRCUITS- 9:15AM BOOTYLIFT 9:30AM CORE CLASS 10:15AM DRUM N' BLITZ 10:30AM STRETCH 11:30AM HIIT 6:00PM VINYASA FLOW 6:15PM CORE CLASS 7:00PM SLOW FLOW YOGA 7:30PM

FRENCH CONVERSATION WITH CECILE-11:00AM- DONATION WELCOME

TUESDAY

PRE-SCHOOL YOGA - 9:15AM BOXFIT 9:30AM STRETCH 10:30AM ZUMBA 10:30AM ZUMBA GOLD 11:30AM

> BOOTYLIFT 6:00PM DRUM N BLITZ 7:00PM STRETCH 8:00PM

WEDNESDAY

FIT 4 ALL 9:30AM STRETCH 10:30AM VINYASA FLOW YOGA 8:00PM

THURSDAY

CIRCUITS 9:15AM CORE CLASS 10:15AM ZUMBA 6:30PM STRETCH FLOW 7:30PM

FRIDAY

YOGA FLOW 9:30AM PILATES 10:30AM

PUPPY PLAY/SOCIALISATION CLASS (BOOKING WITH RUTH)

PENDENNIS

COMMUNITY CENTRE

SATURDAY

ZUMBA 8:30AM STRETCH FLOW 9:30AM VINYASA FLOW 10:00AM



WE ALSO TAKE BOOKINGS/PAYMENTS AS DROP INS ON THE DAY!



We look forward to seeing you! 01326 653249 NEW BTEC COURGE





INTRODUCTORY LEVEL 1 IN LAND BASED STUDIES At CHYAN CULTURAL CENTRE

A 10-week course to
learn the basics of
organic vegan horticulture
with a focus on
understanding the growing
environment, container
growing, seasons and
lots more!



Taster Sessions are Wednesday 18th & 25th October - Attending a taster session counts towards your ten week course.

*For ages 15+

Funding is available for anyone receiving benefits

Email: office@swampcircus.co.uK or text 07775857677 for more information.



