

## **COMMUNITY NEWS**

## TRURO RIVER ROWING CLUB FUNDRAISING EVENT

### SEA SHANTY FESTIVAL!

7pm onwards@ Devoran Village Hall

(Quay Rd, Devoran, Truro TR3 6PW)

### Friday 27th October

Bar

Limited number of tickets



Raffle



£15 per ticket Purchase online Pasty included in ticket price



OR Click here: https://www.ticketsource.co.uk/truro-river-rowing-club/t-mozxgoz

Must purchase a ticket before the event begins on 27:10:23 to be able to enter the event.

### **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

#### SATURDAY

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







We look forward to seeing you! 01326 653249



## DODGEBALL HOLIDAY CAMP

#### OCTOBER HALF-TERM

**ALL CHILDREN AGED 5-11 YEARS** 

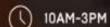
**FULLY QUALIFIED COACHES** 

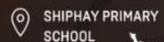
FUN DODGEBALL FOR EVERYONE

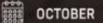
PRIZES, MEDALS & GIVEAWAYS

SIBLING DISCOUNT

EARLY DROP-OFF AVAILABLE







BOOK NOW: SAINTSSOUTHWEST.CO.UK









# INTRODUCTORY LEVEL 1 IN PERFORMING ARTS — At CHYAN CULTURAL CENTRE

A 10-week course to learn the basics of performance with a focus on learning new sills in circus arts, variety performance and lots more!

Improve physical and mental well-being.



Taster Sessions are Tuesday 17th & 24th 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.

NEW BTEC COURSE





# 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.







