

# The One for All Lanivet Parish Community Centre

## WHAT'S ON OCTOBER 2021

### Monday

**Moo Music** 0-5 years 9.30 – 12( term time)  
Tel Michelle 07742108612  
**Chair Yoga** 10-11 Just Yoga by Jen Tel 07715869956  
**Gentle Restorative Yoga** 11.15- 12.15 Tel 07715869956  
**Short Mat Bowls**— 2-4pm pay and play £2 per head  
**Dog Training** 6-9.30pm contact Natasha 07728302611

### Tuesday

**Walking Netball** 2.30-3.30  
**Beavers and Cubs** 6-8pm (Term time) contact Jane 01208 831812  
**Walking Football** 7.30-9pm

### Wednesday

**Pilates 8.50**—9.50am contact  
theartofpilatesuk@gmail.com  
**Zumba** 10 -11am contact Jeanie 07907208306  
**Children's Ballet** 3.45 -4.45pm ( Term time) contact Kate at [to.life@outlook.com](mailto:to.life@outlook.com)  
**Ladies Walking Football** 6-7pm  
**Lanivet Youth Club** for 11-17 year olds PS4, table tennis, table football, board games etc 6-7.30pm £2 per person  
**Back to Football Over 30's** 7pm-9pm contact Phil 07900927917  
**Line Dancing** 8-10pm contact Helen 07968734243

### Thursday

**Baby and Toddler Group** 9-11am Contact Samantha Church 07455261886  
**Short Mat Bowls** 11am-1pm pay and play £2 per head  
**PAFC Lanivet Under 8's** 5-6pm  
**PAFC Under 10's** 6-7  
**Pilates** 6-7pm contact Teresa 07535174098  
**Hatha Yoga** 7-8pm Just Yoga by Jen Tel 07715869956  
**Trigg Morris Dancers** 8-10pm contact Roger Hancock [triggbagman@hotmail.com](mailto:triggbagman@hotmail.com)

### Friday

**Healthwise in the Community** 10 – 11am contact Mel on 07967790458  
**Tea and Games** 2-4pm by donation  
**Tiny Toes Ballet** [www.tinytotsballet.co.uk/cornwall](http://www.tinytotsballet.co.uk/cornwall) 4.30-6pm  
**Aerobics** 6.30-7.30pm Contact Janet Chapman 07977375812  
**Five a Side Football** 7-8pm  
**Table Tennis** 7.30-9pm £2  
**Astronomy club** 16<sup>th</sup> October from 7.30pm £2 contact Wendy on 01208 832977

### Saturday

**Plymouth Argyle Junior Football** (Age 4- 11) 9 – 11.30  
**Harvest Party** 7.30pm 2 course meal £10 a ticket, contact community centre 01208 832684

### Sunday

**Craft Fayre 3<sup>rd</sup> October** 10-3pm contact Sharron on 07828 189355  
**Art and Photography Exhibition** 10-2pm Contact Frankie Dwyer [purrfect974@gmail.com](mailto:purrfect974@gmail.com)

**Contact details Tel 01208 832684**

**Email: [manager@lanivetparishcommunitycentre.co.uk](mailto:manager@lanivetparishcommunitycentre.co.uk)**

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