## What's on at the Hall

A list of some of the clubs and groups using the halls is below - but it is always expanding and if you want to make an inquiry get in touch with our amazingly helpful booking secretary Judith O'Sullivan by emailing donnington\_parish\_hall@yahoo.co.uk

**Donnington Short Mat Bowls -** a friendly club that meets 4 times a week in the winter and twice a week in the summer. Contact Allan Banham 783434

**Donnington Village Luncheons** invite you to come and enjoy our sumptuous 2-course lunches on the second Thursday of each month at the Village Hall. For more details give Valerie a ring on 786957.

**Pilates**. Fed up of aches & Stiffness? Want to improve strength & flexibility and live in your best body? Contact Corri at Coastal Pilates on 07720570955 coastalpilateschichester@gmail.com

**Donnington Gardening Club** meets first Friday of the month at 7pm. Contact Christine Coombes on 07548930931

**Zumba Gold** in Donnington on Tuesday at 10.15am. Zumba Gold is a lower-intensity version of the typical Zumba class. Perfect for active older adults. For more information Tel: 07824668368

**Aro Fitness kickboxing**, run kickboxing classes on Fridays. Open for 3 years and upwards. See www.arofitnesskickboxing.com or text 07824504768

**Al-Anon** Al-Anon has one purpose: to help the families and friends of alcoholics and those who have a problem with alcohol. All meetings are confidential: who you see here, what you hear here, stays here. To find out more look at https://www.al-anonuk.org.uk

**The St. Wilfrid's Hospice Choir** Wednesday 5.15pm - 6.15pm to enjoy chatting, singing and representing St Wilfrid's Hospice. ContactMark Anstead on 07535 924100 or mark.musician@googlemail.com

**Chichester & District Philatelic Society m**eets on the 4th Monday of each month aAll aspects of philately covered. Contact Hon Sec Frank Griffiths 527068 or visit <a href="www.chichesterps.wixsite.com">www.chichesterps.wixsite.com</a>

**Community Keep Fit.** Every Thursday 9.30-10.15am the class is aimed at people over 50 but any age group is welcome. Run by Becky on 07768642481 or email bexfit@gmail.com

Car park food. Pizza twice monthly. Check out his facebook The Pizza Nomad or 07880704499

**Donnington Badminton Club**. Meets Tuesday at 7:30pm. Contact Pete on 01243 784532

**Brownies**. Meet Thursday at 6pm. Contact Emma Capel on 01243545670

Fitness Class. Thursday evenings at 8pm. Contact James Gill on 01243 775889

**French Classes**. Mondays at 4pm and Thursdays at 10:30 am. Contact Patrick Meld on 07710 789304. Merci!

War Games Club. Tuesday evenings at 6:30. email <a href="mailto:ianis79@btinternet.com">ianis79@btinternet.com</a>

**Zumba, toning and linked nutrition club.** Club meets Monday morning at 9:15. For details and nutrition info contact Natalie on 07738 249612

**Alzheimers Society**. A positive thinkers group meets on the 3rd Monday of the month at 10:30. Contact Tim on 07738249612

**Line dancing.** Contact Sue on 07482 540032

**u3a**. Regular users of the hall offer Bridge for Fun and Flower Arranging. u3a members only. contact via Chichester u3a.