

## **Community Centre Activities**

### **A**

Aerobics - Calmore Community Centre + Calmore Village - West Totton  
Art Group – West Totton  
Art Society - Totton & Eling Community Centre

### **B**

Badminton Clubs + Pay & Play + Coaching  
Bird Society - Hounslow Hall  
Bingo - Hounslow Hall + Calmore Community Centre  
Blind & visually impaired club - Totton & Eling Centre  
Blood Donors - Totton & Eling Community Centre  
Bowls Club all weather outdoor - Bowls Centre  
Bowls Club indoor - Calmore Community Centre + West Totton  
Brownies Rainbows - Calmore Community Centre + Hounslow Hall

### **C**

Café & Bar  
Calmore Gym - Calmore Community Centre  
Classic Adult Dance - Calmore Community Centre  
Childminders Drop-in  
Children's Ballet - Calmore Community Centre  
Church Group  
Craft Club

### **D**

Dance - Adults - (Sat Even) West Totton + Calmore Community Centre  
    Line (Beginners & Improvers)  
    Youngsters                    “  
    Rock & Roll                   “  
    Tea Dance                     “  
Young Persons Dance Class - Calmore Village Hall  
Street Dance - Calmore Community Centre  
Dancing - Line - T & E Community Centre  
Dancing - T & E Community Centre  
Debt Advisory Service  
Dog Training – Calmore Village Hall - Hounslow Hall

### **E**

Educational – Maths & English Tuition  
Salsa - Totton & Eling Community Association

### **F**

Flying Club (indoor)

### **G**

Guides - Hounslow Hall

### **H**

Health – Stop smoking service

**J**

Judo - Calmore centre

**K**

Karate - Calmore Community Centre + Hounslow Hall

Karate + Kick Boxing + Kung-Fu - Calmore Community Centre

**L**

Luncheon Club - Totton & Eling

Lunch Club for Elderly – West Totton

**M**

Multisport – for age 50+

Pop Music School

**P**

Patchwork - Calmore Community Centre

Pilates – Calmore Community Centre – Hounslow Hall – Totton & Eling Community Centre

Playschool

Pre-school group

Pop music school - Calmore Village Hall

**Q**

Quitters - Totton & Eling Community Association

Pop Music School - Calmore Village Hall

Quiz nights - Calmore Community Centre

**R**

Running Club - West Totton Centre

Retirement Care

**S**

St John's Ambulance, Badgers, Seniors, Brownies - Calmore Community Centre

Singing - Totton & Eling Community Association

Slimming World - Calmore Community Centre

Slimming - Totton & Eling Community Association

Squash Club + Pay & Play + Coaching

Stroke Assn. - Totton & Eling Community Association

Slimming – Weight Watchers - Slimming World

**T**

Table Tennis

Taekwondo – Calmore Community Centre + West Totton

Tai Chi - Totton & Eling Community Association

Tai Chi - Calmore Village Hall

Tea & Social - Hounslow Hall

Toddlers Group – Weekdays & Sundays West Totton

Toddlers Group - Calmore Village Hall

Tigon - Calmore Village Hall

**W**

Weight Watchers - Calmore Community Centre & Totton & Eling Community Centre Association  
Wine Circle - Totton & Eling Community Association  
Women's Group - Calmore Community Centre

**Y**

Yoga - Calmore Community Centre

Your Contact numbers are:-

Bowls Centre - (023) 8086 8846

Calmore Community Centre and Calmore Village Hall - (023) 8086 8455

Hounslow Hall - (023) 8086 7892

Totton & Eling Community Centre - (023) 8086 3769

West Totton Centre - 023 8086 1712