



THE HAVEN COMMUNITY HUB TIMETABLE - DAY TIME CLASSES – JULY 2022

To book email bookings@acsos.co.uk or call **01702 345 373**. (Price in brackets denotes Members Price).



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7.30 – 8.30am NEW Yoga Starts 18 th July £5 (£4)	10.00 - 12.00am Crochet with Cozy Cat Crochet £5 (£4)	7.30 – 8.30am NEW Viking Pilates Starts 6 th July £5 (£4)	9.00-11.00am Table Tennis £4/£3 (£2)	7.30 – 8.30am NEW Viking Pilates Starts 8 th July £5 (£4)	10.00-12.00am Crochet with Cozy Cat Crochet £5 (£4)
9.00-11.00am Table Tennis £4/£3 (£2)	10.00-11.00am NEW Defence Fit £5 (£4)	10.00 - 11.00am NEW Qigong £5 (£4)	9.00-11.00am & 11.00-1.00pm Crochet with Cozy Cat Crochet £5 (£4)	9.00-10.00am Table Tennis £4/£3 (£2)	12.00-2.00am Crochet with Cozy Cat Crochet £5 (£4)
10.15-11.15am Keep Fit with Liam £5 (£4)	11.15-12.15pm Keep Fit with Liam £5 (£4)	11.15-12.15pm Line Dancing £5 (£4)	10.15-11.15am Keep Fit with Liz £5 (£4)	10.00-12.00pm Cake Club – Parenting support and playgroup. cakeclubcommunity@gmail.com	10.00-12.00pm Cake Club – Parenting support and playgroup. cakeclubcommunity@gmail.com 2 ND Saturday of the month
11.30-12.30pm Body and Brain Exercise with Liam £5 (£4)	12.30-1.15pm NEW Starts 12 th July Yoga £5 (£4)	1.00-3.00pm Book Club £2 Last Wed every month	11.30-12.15pm Supportive yoga with chairs Carmen £5 (£4)	12.00-2.00pm Free Counselling Service £donation appreciated	10.00-12.00pm SAVS Family Forum www.savs-southend.org 4 th Saturday of the month
12.45-2.45pm Cake Club – Parenting support and playgroup. cakeclubcommunity@gmail.com	12.30-1.15pm NEW Starts 5 th July Chair Pilates Downstairs £5 (£4)	1.00-3.00pm Knit & Natter with Theresa and Dee £5 (£4)	12.30-1.30pm Strollercise £5 (£4)		2.00-4.00pm South Essex African Caribbean Association Steel Band Practice Email lime@post.com
1.00-3.00pm Computer Class 30 min slot 1-2-1 with an expert £5 (£4)	1.30-2.30pm NEW Viking Pilates £5 (£4)	1.30-3.30pm Art Classes Free taster sessions ask at reception	1.15-3.15pm Bridge £3 (£2)		
3.00-3.45pm Keep Steady with Active Life £2.50 (6-wk course) 01702567327 book direct	1.00-3.00pm Computer Class 30 min slot 1-2-1 with an expert £5 (£4)	1.30-3.30pm Coffee and Conversation £2 (£1)	2.00-3.00pm The Sound of Memories – Adult Choir £5 (£4)		SUNDAY 8.00 – 9.00 am NEW Viking Pilates Starts 8 th July £5 (£4)

THE HAVEN COMMUNITY HUB TIMETABLE – EVENING CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4.00pm-5.00pm Seaside circus avrilclairehockett@gmail.com	4.30pm – 5.30pm AVAILABLE TO HIRE	4.00-5.00pm AVAILABLE TO HIRE	4.30-5.30pm CLASS COMING SOON	4.00-8.00pm AVAILABLE TO HIRE	5.00pm-10.00pm AVAILABLE TO HIRE
6.00 – 7.00pm - Café Area More Life 27/06, 25/07, 22/08, 19/09, 17/10,14/11 & 12/12	6pm-7pm CLASS COMING SOON	5.30 - 6.30pm Kids Martial Arts 6-11yrs £8 Call Liam on 07543696517 or paperstreetcombatclub@gmail.com	6.30-7.30pm CLASS COMING SOON		
5.15-7.15pm AVAILABLE TO HIRE	7.15pm-8.15pm Pilates with Fit Bugs Book direct by email zoe@fitbugs.net	6.30.7.30pm Empty Hand Martial Arts £8 Call Liam on 07543696517 or paperstreetcombatclub@gmail.com	6.00-7.00pm - Café Area Tune Your Mood – Free Singalong for Mental Health		
7.00-8.00pm NEW Box Fit with Liam £5 (£4)		7.30-8.30pm Filipino Martial Arts £8 Call Liam on 07543696517 or paperstreetcombatclub@gmail.com	7.15-8.15pm NEW Starts 9th June YOGA with Carmen Call 07974 348040 abreathoflightyoga@gmail.com		
8.00 – 9.00pm AVAILABLE TO HIRE			7.00-10.00pm - Café Area 2 nd Thurs a month Westcliff Women's Institute woswi@hotmail.com		

OTHER SERVICES AT THE HUB	TELEPHONE	COMING SOON
Days at the Haven – Specialist Day Centre – Spaces Available	01702 645 373	<ul style="list-style-type: none"> • Quiz Night 15th July - £60 for a table of 6 including food - Book at Reception 7.00-10.00pm • Art Taster Classes – 6th July Watercolours and 20th July Pastels – Book at Reception • Carers Support Group – Tuesday 19th July 10.30-12.30pm – Book a place at reception
So Sew by Zoe - Sewing lessons. Alterations /Repairs	07877 223241	
Classy Claws - Microdermabrasion, Facials, Gel Nails and Pedi's	07882 167310	
Suzi's Dreams - Reiki and Indian Head Massage	07771 266859	
Lorna Mays -Massage and Reflexology	07980 292013	
First 4 Feet - Foot Clinic	01702 554445	
Cake Club - Mum and Baby Support	cakeclubcommunity@gmail.com	
Counselling – Helen Hans	07920 127929	
Essex Clear to Hear	Bookings via the Hub	
Healthwatch Southend	01702 416320	
Purple Pearl Therapies	07740 987519	



Classes held at The Havens Community Hub, 138-140 Hamlet Court Road, Westcliff, SS0 7LW. www.acsos.co.uk