



THE HAVEN COMMUNITY HUB TIMETABLE - DAY TIME CLASSES – NOVEMBER 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 AVAILABLE TO HIRE	10.00 - 12.00am Crochet with Cozy Cat Crochet £5 (£4)	7.30 – 9.45am AVAILABLE TO HIRE	9.00-11.00am Table Tennis £4/£3 (£2)	7.30 – 8.30am Viking Pilates £5 (£4)	9.00 - 11.00am Crochet with Cozy Cat Crochet £5 (£4)
9.00-11.00am Table Tennis £4/£3 (£2)	10.00 – 11.00am NEW Yoga Starts 1st Nov £5 (£4)	10.00 - 11.00am 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)	11.00 - 12.00am 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 (Filipino Martial Arts) with Liam £5 (£4)	12.30-1.15pm Chair Pilates (Upstairs) £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
1.00-3.00pm Cake Club – Parenting support and playgroup. cakeclubcommunity@gmail.com	1.30-2.30pm Chair Pilates (Downstairs) £5 (£4)	1.00-3.00pm Knit & Natter with Theresa and Dee £5 (£4)	12.30-1.30pm Strollercise £5 (£4)	1.00– 3.30pm Whist £3 (£2)	
1.00-4.00pm Last Monday of the month Computer Class 30 min slot 1-2-1 with an expert £5 (£4)	1.00-3.00pm NEW Computer Course Coming soon £20 for 4-week course	1.00-3.00pm Art Club £5 (£4) Ask reception for dates	1.15-3.15pm Bridge £3 (£2)		
		1.30-3.30pm Coffee and Conversation £2 (£1)	2.00-3.00pm NEW Ballroom & Latin American Social Dance Class £5 (£4)		
			2.00-3.00pm The Sound of Memories – Adult Choir £5 (£4)		

THE HAVEN COMMUNITY HUB TIMETABLE – EVENING CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4.00-5.00pm AVAILABLE TO HIRE	4.30pm – 5.30pm AVAILABLE TO HIRE	4.00-5.00pm AVAILABLE TO HIRE	4.30-5.30pm AVAILABLE TO HIRE	4.00-8.00pm AVAILABLE TO HIRE	5.00pm-10.00pm AVAILABLE TO HIRE
6.00-7.00pm NEW Viking Pilates £5 (£4)	6pm-7pm NEW Beginners Pilates with Fit Bugs Starts 15th Nov Book direct by email zoe@fitbugs.net	5.30 - 6.30pm Kids Martial Arts 6-11yrs £8 Call Liam on 07543696517 or paperstreetcombatclub@gmail.com	5.45 – 7.15pm AVAILABLE TO HIRE	HALL HIRE AVAILABLE If you want to run a class, hold a meeting or event, or hold a Children’s Party Please contact us for prices and availability <u>bookings@acsos.co.uk</u> or 01702 345 373	
7.00-8.00pm Box Fit with Liam £5 (£4)	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	7.30-8.30pm YOGA with Carmen Call 07974 348040 abreathoflightyoga@gmail.com		
8.15 – 9.15pm NEW YOGA with Carmen Starts 7th Nov Call 07974 348040 abreathoflightyoga@gmail.com		7.30-8.30pm Filipino Martial Arts £8 Call Liam on 07543696517 or paperstreetcombatclub@gmail.com	8.00-10.00pm - Café Area 2 nd Thurs a month Westcliff Women’s Institute woswi@hotmail.com		

OTHER SERVICES AT THE HUB	TELEPHONE	DATES FOR YOUR DIARY
Days at the Haven – Specialist Day Centre – Spaces Available	01702 345 373	<ul style="list-style-type: none"> • Carers Support Group – (3rd Tuesday of each month) • Christmas Fayre – Sunday 20th November 2022 • Visit Santa – Saturday 17TH December 2022 <p>If you want to promote your business by sponsoring this monthly timetable, please email bookings@acsos.co.uk</p>
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	
Healthwatch Southend	01702 416320	



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