

THE HAVEN COMMUNITY HUB TIMETABLE - DAY TIME CLASSES – JANUARY 2023 *NEW RATES APPLY*

***** TRY A NEW CLASS FOR £1 IN JANUARY *****

Advance booking is recommended by email bookings@acsos.co.uk by call **01702 345 373**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9.00-11.00am Table Tennis £5 2hrs/£4 1hr	10.00 - 12.00am Crochet £6 (134 HCR*)	10.00 - 11.00am Qigong £6	9.00-11.00am Table Tennis £5 2hrs/£4 1hr	9.00-10.00am Table Tennis £4	9-11 am & 11-1pm Crochet £6
10.15-11.15am Keep Fit with Liam £6	10.00 – 11.00am Yoga £6	11.15-12.15pm Line Dancing £6	9-11 am & 11-1pm Crochet £6 (At 134 HCR*)	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
11.30-12.30pm Body and Brain Exercise (Filipino Martial Arts) £6	11.15 -12.15pm AVAILABLE TO HIRE	1.00-2.00pm Book Club £3 Last Wed of month (At 134 HCR*)	10.15-11.15am Keep Fit with Liz £6	11.00-1.00pm Free Counselling Service £donation	10.00-12.00pm SAVS Family Forum www.savs-southend.org
1.00-3.00pm Cake Club – Parenting support and playgroup. cakeclubcommunity@gmail.com	11.00 -11.45pm NEW Falls Prevention £6 (At 134 HCR*)	1.00-3.00pm Knit & Natter £6 (At 134 HCR*)	11.30-12.15pm Supportive yoga with chairs Carmen £6	1.00– 3.30pm Whist £4 (at 134 HCR*)	12.30 – 4.30pm AVAILABLE TO HIRE
1.00-4.00pm Last Monday of the month Computer Class 30 mins £6 (At 134 HCR)	12.00 - 12.45pm Chair Pilates £6 (At 134 HCR*)	1.00-3.00pm Art Group £6 (Materials included)	12.30-1.30pm Strollercise £6		
3.00-4.00pm Keep Steady with Active Life call 01702 567327	12.30 - 1.30pm AVAILABLE TO HIRE	1.30-3.30pm Coffee & Conversation £donation	1.15-3.15pm Bridge £4 (134 HCR*)		
	1.00-3.00pm NEW Computer Class 30 mins £6 (AT 134 HCR*)		2.00-3.00pm Ballroom & Latin American Dance £6		
	1.45 - 2.45pm AVAILABLE TO HIRE		2.00-3.00pm The Sound of Memories Choir £6 (Day Centre)		
	3.00 – 4.00pm AVAILABLE TO HIRE				

*Please ensure you book in at Reception prior to your class even if your class is at 134 Hamlet Court Road

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	4.00-5.0pm AVAILABLE TO HIRE	4.00-10.00pm AVAILABLE TO HIRE	5.00pm-10.00pm AVAILABLE TO HIRE
6.00-7.00pm AVAILABLE TO HIRE	6pm-7pm Beginners Pilates with Fit Bugs Book direct at zoe@fitbugs.net	5.30 - 6.30pm Kids Martial Arts 6-11yrs £8 Call Liam on 07543696517 or paperstreetcombatclub@gmail.com	5.15 – 7.15pm AVAILABLE TO HIRE	HALL HIRE AVAILABLE If you want to run a class, meeting or event, after school club or hold a Children’s Party Please contact us for prices and availability bookings@acsos.co.uk or 01702 345 373	
7.00-8.00pm AVAILABLE TO HIRE	7.15pm-8.15pm Pilates with Fit Bugs Book direct at 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		
		7.30-8.30pm Filipino Martial Arts £8 Call Liam on 07543696517 or paperstreetcombatclub@gmail.com			

OTHER SERVICES	TELEPHONE	OTHER SERVICES	TELEPHONE
So Sew by Zoe - Sewing lessons. Alterations /Repairs	07877 223241	Days at the Haven – Specialist Day Centre Monday to Friday – Spaces Available	01702 345 373
Classy Claws - Microdermabrasion, Facials, Gel Nails and Pedi’s	07882 167310	Counselling – Helen Hans	07920 127929
Suzi’s Dreams - Reiki and Indian Head Massage	07771 266859	Healthwatch Southend	01702 416320
Lorna Mays -Massage and Reflexology	07980 292013	Carers First – Drop-in Clinic 10 – 2pm on Tuesdays	0300 3031555
First 4 Feet - Foot Clinic	01702 554445	Adult Social Services – Drop-in clinic 10-2pm on Thursday	

Classes held at The Havens Community Hub, 138-140 Hamlet Court Road, Westcliff, SS0 7LW and 134 Hamlet Court Road. www.acsos.co.uk   

We are run and funded by Age Concern Southend on Sea. Your small local independent charity. **We are NOT funded by the Council or the NHS.**

Please donate by holding your camera phone over the QR code and following the link. All donations go towards running The Haven Community Hub.

Your support is very much appreciated.

