THE HAVEN COMMUNITY HUB TIMETABLE - FEBRUARY 2023
******* TRY A NEW CLASS FOR £1 *******

Advance booking is recommended by email **bookings@acsos.co.uk** by call **01702 345373.**

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9.00-11.00 **Table Tennis** £4	10.00 – 12.00 **Crochet** £6	9.30 – 10.30 **Available**	9.00-11.00 **Table Tennis** £4	9.00-10.00 **Table Tennis** £4	9.00 – 12.00 **Crochet** £6 (At 134 HCR*)	9.30 - 10.30 **Coming soon**
10.30-11.30 **Keep Fit with Liam** £6	10.00 – 11.00 **Yoga** £6	10.00 - 11.00 **Qigong** £6	9.00 – 12.00 **Crochet** £6 (At 134 HCR*)	10.00-12.00 **Form Filling** (At 134 HCR*)	9.30 – 10.30 **Coming soon Yoga** £6	10.45 – 11.45 **Coming Soon**
11.30-12.30 **Body and Brain Exercise** £6	11.15 -12.15 **Available**	10.30 – 11.15 **NEW Falls Prevention** £6 (At 134 HCR*)	10.00-12.00 **NEW Befriending Group** (At 134 HCR*)	10.00-12.00 **Cake Club – Parenting support**	10.45 – 11.45 **Coming Soon**	12.00 – 1.00 **Coming Soon**
1.00-3.00 **Cake Club – Parenting support**	11.00 -11.45 **NEW Falls Prevention** £6 (At 134 HCR*)	11.15-12.15 **Line Dancing** £6	10.15-11.15 **Keep Fit with Liz** £6	11.00-1.00 **Free Counselling Service** £donation	12.00 – 1.00 **Coming Soon**	1.15 – 2.15 **Coming Soon**
1.00-4.00 - Monthly **Computer Class 30 mins** £6	12.00 - 12.45 **Chair Pilates** £6 (At 134 HCR*)	11.30 - 12.15 **NEW Chair Pilates** £6 (At 134 HCR*)	11.30-12.15 **Supportive yoga with chairs** £6	1.00– 3.30 **Whist** £4 (At 134 HCR*)	1.15 – 2.15 **Coming Soon**	2.30 – 3.30 **Coming Soon**
3.00-4.00 **Keep Steady** Call 01702 567327	12.30 - 1.30pm **Available**	1.00-2.00 **Book Club** £3 (At 134 HRC*)	12.30-1.30 **Strollercise** £6		2.30 – 3.30 **Coming Soon**	
	1.00-3.00 **Computer Class 30 mins** £6	1.00-3.00 **Knit & Natter** £6 (At 134 HCR*)	1.00-2.00 **2nd Mar Cogex Falls Prevention** £6 (Day Centre)			
	1.45 - 2.45 **AVAILABLE TO HIRE**	1.00-3.00 **Art Group** £6 (Materials included)	1.15-3.15 **Bridge** £4 (At 134 HCR*)			
	3.00 – 4.00 **AVAILABLE TO HIRE**	1.30-3.30 **Coffee & Conversation** £donation	2.00-3.00 **Ballroom & Latin American Dance** £6			
			2.00-3.00 **The Sound of Memories Choir** £6			

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4.00-5.00 **Available**	4.00-5.00 **Available**	4.00-5.00 **Available**	4.00-5.00 **Available**			
5.15-6.15 **Available**	6pm-7.00 **Beginners Pilates with Fit Bugs** Book direct at zoe@fitbugs.net	5.15-6.15 **Available**	5.15 – 6.15 **Available**			
6.30-7.30 **Available**	7.15pm-8.15 **Pilates with Fit Bugs** Book direct at zoe@fitbugs.net	6.30-7.30 **Available**	6.30-7.30 **Available**			
7.15-8.45 **Available**		7.15-8.45 **Available**	7.30-8.30 **YOGA with Carmen** Call 07974 348040			

OTHER SERVICES	TELEPHONE	OTHER SERVICES	TELEPHONE
So Sew by Zoe - Sewing lessons. Alterations /Repairs	07877 223241	**Days at the Haven –** Specialist Neurological Day Centre Monday to Friday	01702 345 373
Classy Claws - Microdermabrasion, Facials, Gel Nails & 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	**Hear Hear Wax Clear Microsuction**	earwaxremovalessex.com
		Cake Club – Parental Support and Play Group	cakeclubcommunity@gmail.com

Classes held at The Havens Community Hub, 138-140 and 134 Hamlet Court Road, Westcliff, SS0 7LW
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 follow the link. Charity No 1160916. All donations go towards running The Haven Community Hub.
Your support is very much appreciated.

www.acsos.co.uk