

THE HAVEN COMMUNITY HUB TIMETABLE - MARCH



Try a class for £1. All in house classes £6*

Advanced booking is recommended either in person, by email bookings@acsos.co.uk or by calling 01702 345373.

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>
9.00-11.00 Table Tennis	10.00-12.00 Crochet	9.30-10.30 Available
10.30-11.30 Keep fit with Liam	10.00-11.00 Yoga	10.00-11.00 Tai Chi - NEW
11.30-12.30 Body and Brain Exercise	11.00-11.45 Falls Prevention	11.15-12.00 Falls Prevention
1.00-3.00 Cake Club Parenting Support ^	11.15-12.15 Available	11.15-12.15 Line Dancing
1.00-4.00 Monthly Computer Class	12.00-12.45 Chair Pilates	1.00-2.00 Monthly Book Club
3.00-4.00 Keep Steady	12.30-1.30 Available	1.00-3.00 Art Group
4.00-5.00 Available	1.00-3.00 Computer Class	1.00-3.00 Knit & Natter
5.15-6.15 Available	1.45-2.45 Available	1.30-3.30 Coffee & Conversation - FREE
6.30-7.30 Available	3.00-4.00 Available	4.00-5.00 Available
7.15-8.15 Available	4.15-5.15 Available	5.15-6.15 Available
	6.00-7.00 Pilates with Fit Bugs^	6.30-7.30 Available
	7.15-8.15 Pilates with Fit Bugs^	7.45-8.45 Available

*Except for Table Tennis, Whist and Bridge which are £4 and Book Club which is £3

^Privately hired classes – please contact provider directly – See other services below for details

www.acsos.co.uk

The Havens Community Hub, 138-140 and 134 Hamlet Court Road, Westcliff, SS0 7LW



THURSDAY

9.00-11.00 Table Tennis
9.00-12.00 Crochet
10.00-12.00 Befriending Group - FREE
10.15-11.15 Keep Fit with Liz
11.30-12.15 Supportive Yoga with Chairs
12.30-1.30 Strollercise
2.00-3.00 Ballroom & Latin American Dance
2.00-3.00 The Sound of Memories choir
3.00-4.00 The Sound of Memories Choir
4.00-5.00 Available
5.15-6.15 Available
6.30-7.30 Available
7.45-8.45 Available

FRIDAY

9.00-10.00 Table Tennis
10.00-12.00 Form Filling
10.00-12.00 Cake Club Parenting Support^
11.00-1.00 Free Counselling Service - FREE
1.00-3.30 Whist

SATURDAY

9.00-12.00 Crochet
9.30-10.30 Yoga – from 4th Mar – NEW
11.30-12.30 Tai Chi – from 18th Mar - NEW
12.45-1.30 Coming Soon
1.45-2.45 Coming Soon
3.00-4.00 Coming Soon

SUNDAY

10.00-11.00 Yoga – Coming Soon
11.15-12.15 Coming Soon
12.30-1.30 Coming Soon
1.45-2.45 Coming Soon
3.00-4.00 Coming Soon

EVENTS

Day Centre Open Week - 6th to 10th Mar
Wills Week – 6th to 10th Mar
HB Partners Wills –Will’s Advice 7th Mar
Daisy Bowlers Concert –Friday 17th March
Spring Fayre – Sunday 21st May
Carers Support Group – 3rd Tuesday of the month

OTHER HUB SERVICES

Days at the Haven – Specialist Neurological Day Centre	01702 345 373	Helen Hans Counselling - call for more information & prices	07920 127929
So Sew by Zoe - Sewing lessons. Alterations /Repairs	07877 223241	Healthwatch Southend	01702 416320
Classy Claws - Microdermabrasion, Facials, Gel Nails & Pedi’s	07882 167310	Carers First – Drop-in Clinic 10 – 2pm on Tuesdays	0300 3031555
Suzi’s Dreams - Reiki and Indian Head Massage	07771 266859	Hear Hear Wax Clear Microsuction - earwaxremovalsex.com	
Lorna Mays -Massage and Reflexology	07980 292013	Cake Club – Parental Support and Play Group - cakeclubcommunity@gmail.com	
First 4 Feet - Foot Clinic	01702 554445	Fit Bugs Pilates – zoe@fitbugs.net	

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.

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