

THE HAVEN COMMUNITY HUB TIMETABLE - APRIL



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 Mental Health Support Group
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 IT Support	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
6.30-7.30 Pilates with Fitbugs^	6.00-7.00 Pilates with Fit Bugs^	6.30-7.30 Table Tennis – Starts 19th April.
7.45-8.45 Box Fit NEW From 17th April	6.30-8.30 Holiday Makers Spanish – starts 25th April	7.00-8.00 40+ Women’s health & Wellness 26th April
7.45-8.45 Tai Chi NEW From 17th April	7.15-8.15 Pilates with Fit Bugs^	7.45-8.45 Self Defence – Starts 19th April

*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



<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SUNDAY</u>
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 Available 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 Val Musicality TBC 6.30-7.30 Val Musicality TBC 7.30-8.30 Yoga with Carmen^ 7.45-8.45 Available	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 <div style="text-align: center;"><u>SATURDAY</u></div> 9.00-12.00 Crochet 9.30-10.30 Yoga 11.30-12.30 Tai Chi 12.45-1.30 Coming Soon 1.45-2.45 Coming Soon 3.00-4.00 Coming Soon	10.00-11.00 Mat Yoga – Starts 30th Apr 10.00-11.00 Menopause 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 <div style="text-align: center;"><u>EVENTS</u></div> HB Partners Wills –Will’s Advice 5 th April 10-1pm Coronation Tea Dance – 4 th May Spring Fayre – Sunday 21 st May Carers Support Group – 3 rd 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 - earwaxremovalssex.co.uk	
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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