**THE HAVEN COMMUNITY HUB TIMETABLE – MAY/JUNE**

**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.

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| **MONDAY**9.00-11.00 Table Tennis10.30-11.30 Keep fit with Liam11.30-12.30 Body and Brain Exercise1.00-3.00 Cake Club Parenting Support ^1.00-4.00 Monthly Computer Class3.00-4.00 Available4.00-5.00 Available5.15-6.15 Available6.30-7.30 Available7.15-8.15 Available6.30-7.30 Pilates with Fitbugs^7.00-8.00 **English as a Second Language (ESOL) – Starts 5th June****7.45-8.45 Box Fit** **7.45-8.45 Tai Chi**  | **TUESDAY**10.00-12.00 Crochet10.00-11.00 Yoga11.00-11.45 Falls Prevention11.15-12.15 Available12.00-12.45 Chair Pilates12.30-1.30 Available1.00-3.00 IT Support1.45-2.45 Available3.00-4.00 Available4.15-5.15 Available6.00-7.00 Pilates with Fit Bugs^**7.00-8.30 Holiday Makers Spanish - TBC**7.15-8.15 Pilates with Fit Bugs^ | **WEDNESDAY**10.00-11.00 Mental Health Support Group - FREE10.00-11.00 Tai Chi 11.15-12.00 Falls Prevention11.15-12.15 Line Dancing1.00-2.00 Monthly Book Club1.00-3.00 Art Group1.00-3.00 Knit & Natter1.30-3.30 Coffee & Conversation - FREE**4.00-6.00** **After school Art TBC****6.30-7.30 Table Tennis****7.00-8.00 40+ Women’s health & Wellness -TBC**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**](http://www.acsos.co.uk)

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

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| **THURSDAY**9.00-11.00 Table Tennis9.00-12.00 Crochet**10.00-12.00 Coffee Morning (Accessible) Free**10.15-11.15 Keep Fit with Liz11.30-12.15 Supportive Yoga with Chairs12.30-1.30 Available2.00-3.00 Ballroom & Latin American Dance**2.00-3.00 Computer course 7 week course £42 starts 6th July** 2.00-3.00 The Sound of Memories choir3.00-4.00 Available4.15-5.15 Available5.30-6.30 Available**5.15-6.15 Val Musicality^ starts 1st June****6.30-7.30 Val Musicality^ starts 1st June**7.15-8.15 Yoga with Carmen^7.45-8.45 Available | **FRIDAY**9.00-10.00 Table Tennis10.00-12.00 Form Filling**10.30-11.30 Cognitive Exercise/Falls prevention- starts 2nd June** 10.00-12.00 Cake Club Parenting Support^11.00-1.00 Free Counselling Service - FREE1.00-3.30 Whist**SATURDAY**9.00-12.00 Crochet9.30-10.30 Yoga **10.00-12.00 Creative Journalling starts 3rd June****10.30-11.30 Mini Me Mindfulness (3-11 yrs)**11.30-12.30 Tai Chi**12.30-1.30 English as a Second Language (ESOL) – Starts 3rd June****1.45-3.45 Chess Club – Starting 3rd June** | **SUNDAY****10.00-11.00 Mat Yoga****10.00-11.00 Menopause Yoga****10.30-11.30 Cognitive Exercise / Falls Prevention – starts 28th May****Dance with Carlie Miler – Start 4th June****- 11.30-12.00 – Baby Ballet 3-5 yrs.****- 12.10-12.40 – Acro 3-5 yrs.****- 12.50-1.40 – Ballet & Dance 6-9 yrs.****- 1.50-2.50 - Commercial Dance 10 yr. olds****- 3.00-3.45 – Chair Ballet - Adults****EVENTS**Carers Support Group – 3rd Tues of the monthSound of Memories Summer Concert 7th JulyRace Night 15th September 60’s Juke Box Concert 6th October Christmas Fayre 19th November |

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| **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 -** earwaxremovalessex.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 |
| **Waxing Hub –** Experienced Waxing Specialist | 07975 801486 | **Carmen Yoga –** Thursday nights- abreathoflightyoga@gmail.com 07974 348040 |

**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**](http://www.acsos.co.uk)

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