

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.

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>
9.00-11.00 Table Tennis	10.00-12.00 Crochet	10.00-11.00 Mental Health Support Group - FREE
10.30-11.30 Keep fit with Liam	10.00-11.00 Yoga	10.00-11.00 Tai Chi
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 Available	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	4.00-6.00 After school Art TBC
7.15-8.15 Available	4.15-5.15 Available	6.30-7.30 Table Tennis
6.30-7.30 Pilates with Fitbugs^	6.00-7.00 Pilates with Fit Bugs^	7.00-8.00 40+ Women's health & Wellness -TBC
7.00-8.00 English as a Second Language (ESOL) – Starts 5th June	7.00-8.30 Holiday Makers Spanish - TBC	7.45-8.45 Available
7.45-8.45 Box Fit	7.15-8.15 Pilates with Fit Bugs^	
7.45-8.45 Tai Chi		

*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 Coffee Morning (Accessible) 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 Computer course 7 week course £42 starts 6th July 2.00-3.00 The Sound of Memories choir 3.00-4.00 Available 4.15-5.15 Available 5.30-6.30 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	9.00-10.00 Table Tennis 10.00-12.00 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 - 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 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	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 <div style="text-align: center;"><u>EVENTS</u></div> Carers Support Group – 3 rd Tues of the month Sound of Memories Summer Concert 7 th July Race Night 15 th September 60's Juke Box Concert 6 th October Christmas Fayre 19 th November

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.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.

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