

THE HAVEN COMMUNITY HUB TIMETABLE – AUGUST

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

Day, evening, and weekend classes for ALL ages

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

<u>MONDAY 9am-9pm</u>	<u>TUESDAY 9am-9pm</u>	<u>WEDNESDAY 9am-9pm</u>
9.00-11.00 Table Tennis 10.30-11.30 Band Resistance Exercise with Liam 10.00 – 12.00 Coffee & Conversation – FREE starts 14th August 10.00 – 12.00 IT Support – Half hour slot starts 11th August 11.30-12.30 Body and Brain Exercise 12.00-3.00 Monthly IT Support – Half hour slots 1.00-3.00 Cake Club Parenting Support ^ 2.00-3.30 Chess Club starts 7^h August 2.00-3.00 Bingo starts 11th September 5.15-6.15 Bricks 4 Kidz starts 11th September ^ 6.30-7.30 Pilates with Fitbugs^ 7.30-8.30 Meditation starts 7th August 7.45-8.45 Available 7.45-8.45 Tai Chi	10.00-12.00 Crochet 10.00-11.00 Yoga 11.00-11.45 Falls Prevention 11.15-12.15 Available 12.00-12.45 Chair Pilates 12.30-1.30 Available 1.00-3.00 IT Support – Half hour slots 1.45-2.45 Available 3.00-4.00 Available 6.00-7.00 Pilates with Fit Bugs^ 7.15-8.30 Craft, Coffee & Chat 7.00 8.00 Yoga (moving to Thurs from 17th Aug) 7.15-8.15 Pilates with Fit Bugs^	10.00-11.00 Mental Health Support Group - FREE 10.00-11.00 Tai Chi 11.15-12.00 Falls Prevention 11.15-12.15 Line Dancing 1.00-2.00 Monthly Book Club 1.00-3.00 Art Group 1.00-3.00 Knit & Natter 1.30-3.30 Coffee & Conversation – FREE 4.00-6.00 available 6.00-8.00 Table Tennis 6.30-7.30 Puppy training with SLB starts 2nd August 6 week course £60 7.45-8.45 Box Fit starts 9th August

*Except for daytime Table Tennis, Chess club, Bingo & Whist 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 9am-9pm</u>	<u>FRIDAY 9am-4pm</u>	<u>SUNDAY Coming soon.</u>
<p>9.00-11.00 Table Tennis 9.00-12.00 Crochet 10.00-12.00 Coffee Morning (Accessible) Free 10.00-11.30 Half hour IT/ Telephones support slots 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 2.00-4.00 Computer course 7-week course (£70 14 hours) 2.00-3.00 The Sound of Memories choir 3.00-4.00 Available 4.15-5.15 Available 5.30-6.15 Val Musicality^ 6.30-7.30 Val Musicality^ 6.30 -8.30 IT Support (Fortnightly) Starts 17th August 7.15-8.15 Yoga with Lisa starting 17th August</p>	<p>9.00-10.00 Table Tennis 10.30-11.30 Cognitive Exercise/Falls prevention 10.00-12.00 Cake Club Parenting Support^ 11.00-1.00 Free Counselling Service - FREE 1.00-3.00 Whist</p> <p><u>SATURDAY 9am-4pm</u></p> <p>9.00-10.00 Move it or Lose it (trial class) 2nd Sept 9.00 -11.00 Family art classes Starting 12th August 1 adult & 1 child £15 , £18 adult & 2 children, £20 2 adults 2 children.</p> <p>9.00-12.00 Crochet 9.30-10.30 Mat Yoga 11.30-12.30 Photography lessons 11.30-12.30 Tai Chi 12.45-1.45 Seated Boxing starts 2nd September 12.45-1.45 Sing for Joy starts 2nd Sept 1.00-2.00 Web design starts 2nd September 2.00-3.00 Circuit Training starts 2nd September 1.00-3.00 Cake Club Parenting Support ^ 1.45-3.45 Chess Lessons – For Age 7+ (Drop off)</p>	<p style="text-align: center;"><u>EVENTS</u></p> <p>Carers Support Group – 3rd Tues of the month Race Night 15th September The Haven Community Hub Open Day 12th September Calligraphy & Prosecco 22nd September £30 60's Juke Box Concert 6th October Quiz Night 10th November £10pp Christmas Fayre 19th November Christmas Cocktail Class 15th December £30</p>

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	Carers First – Drop-in Clinic 10 – 2pm on Tuesdays	0300 3031555
Classy Claws - Microdermabrasion, Facials, Gel Nails, back facials & Pedi's	07882 167310	Waxing Hub – Waxing, tinting, chocolate facials, chocolate body massage, hot Stone massage.	07975801486
Suzi's Dreams - Reiki and Indian Head Massage	07771 266859	Hear Hear Wax Clear Microsuction - earwaxremovalsex.co.uk	07833013865
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. Charity No 1160916. All donations go towards running The Haven Community Hub. Your support is very much appreciated.

www.acsos.co.uk