

The Community Hub Timetable – November 2023– Try an activity for FREE

Monday	Tuesday		Wednesday	Thursday		Friday	Saturday
Table Tennis 9am – 11am £4	Crochet Club 10am-12pm £6	Yoga 9.30 - 10.30 £6	Tai Chi 10am- 11am <i>Improve your balance</i> £6	Table Tennis 9am – 11am £4	Crochet Club 9am- 12pm £6	Counselling (Free) 9am – 12.30pm	
Coffee & Conversation (Free) 10am – 12pm <i>Come and chat</i>			Falls Prevention 11.15am to 12pm <i>Strengthening your core</i> £6	Coffee & Conversation (Free) 10am – 12pm <i>Come and meet new friends</i>		Drama Club 11.30am-12.30pm <i>Release your inner thespian</i> £6	Crochet 9am – 12pm <i>Learn to crochet</i> £6
IT Support 10am – 12pm <i>One to one help - 30 mins slot</i> £6	Falls Prevention 11.00 – 11.45 am <i>Strengthening your core</i> £6		Line dancing 11.15am – 12pm <i>Gentle exercise class</i> £6	IT Support 10am 11.30am <i>One to one help - 30 mins slot</i> £6		Whist 1pm-3pm <i>Card playing group.</i> £4	Mat yoga 9.30am-10.30 Muscle Strengthening. £6
Falls Prevention 10.30am – 11.30am <i>Improves balance</i> £6	Chair Pilates 12.00 to 12.45 <i>Seated Exercise</i> £6		Knit & Knatter 1pm – 3pm <i>Chat & knit</i> £6	Keep fit with Liz 10.15am-11.15am <i>Building core strength</i> £6			Seated Exercise 10.15am-11.15am <i>Upper body strength</i> £6
Body & Brain 11.30am – 12.30pm <i>Improves coordination</i> £6	IT Support 2pm – 4pm <i>One to one help 30 mins</i> £6		Art Group 1pm to 3pm <i>Painting & drawing class</i> £6	Supportive Yoga 11.30am-12.15pm <i>Improves stability</i> £6		Thursday continued	Tai Chi 11.30 -12.30 <i>Improves balance</i> £6
Beginners Plus Pilates 5.20pm – 6.20pm 6 week course £36 Starts 13/11	Falls Prevention Course 2-3pm 12 weeks starting 21/11 <i>improves your balance</i> £60		Coffee & conversation (Free) 1.30pm – 3.30pm <i>Come and chat</i>			IT Support 5pm-7pm <i>One to one help</i> £6	
	Chichi fit 7.00pm -8.00pm <i>Exercise to the sounds of Broadway</i> £6		Crazy Card Craft 4.30pm – 5.30pm <i>Childrens card making</i> £6	Computer Course 2pm -4pm <i>Beginners IT course 7 weeks</i> £70	Sounds of memory choir 2pm-3pm £6	Beginners Pilates Course 5 weeks 5.30 – 6.30 pm Starts 16/11 £30	
			Table Tennis 5.20pm-7.20pm £6				

Advanced booking is recommended, by emailing bookings@acsos.co.uk, by calling 01702 345373,

or in person at The community Hub, Hamlet Court Road, Westcliff, SS0 7LW

We also offer

Private Hires

Monday	Pilates with Fitbugs	6.30pm-7pm - zoe@fitbugs.net
Tuesday	Pilates with Fitbugs	6pm – 7pm & 7.15pm-8.15pm - zoe@fitbugs.net
Wednesday	Book Club	1pm -2pm Meets last Wednesday in the month
Thursday	Songwriting	5.30pm – 7.30pm Childrens course to develop skills in music - no booking required. musicalitywithval@gmail.com
Saturday	Bricks 4 Kidz	11.30-12.30 www.bricks4kidz.co.uk/essex

Monday 1pm -3pm, Friday 10-12 & Saturday 1pm – 3pm Cake Club Parenting Support and play Group - cakeclubcommunity@gmail.com

OTHER HUB SERVICES

Classy Claws - Microdermabrasion, Facials, Gel Nails, back facials & Pedi's
07882 167310

So Sew by Zoe - Sewing lessons. Alterations /Repairs 07877 223241

Waxing Hub – Waxing, tinting, chocolate facials, chocolate body massage, hot Stone massage. 07975801486

Lorna Mays -Massage and Reflexology 07980 292013

First 4 Feet - Foot Clinic 01702 554445

Spiritual Readings with Rev Gerry Carter 07729892906

Helen Hans Counselling - call for more information & prices 07920 127929

Carers First – Drop-in Clinic 10 – 2pm on Tuesdays 0300 3031555

Hear Hear Wax Clear Microsuction - earwaxremoval.essex.co.uk
07833013865

Suzi's Dreams - Reiki and Indian Head Massage 07771 266859

Dementia Day Centre

Do you care for or know someone living with dementia? Do you know about our Dementia Day Centre which offers meaningful and enjoyable activities based on Cognitive Stimulation Therapy which is proven to enhance and improve the lives of older people living with dementia – whether diagnosed or undiagnosed.

Join our volunteer team – Ask at reception for details

The community hub is funded by your support and donations and run by Age Concern Southend on Sea.

We are NOT funded by the Council or the NHS. Charity No 1160916.

Your support is very much appreciated.