


## March 2024 - The Community Hub Timetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<b>Table Tennis</b> 9am – 11am  MH £4	<b>Crochet Club</b> 10am-12pm  DC £6	<b>Tai Chi</b> 10am 11am <i>Improves balance</i> MH £6	<b>Table Tennis</b> 9am – 11am MH £4	<b>Crochet Club</b> 9am- 12pm Café £6	<b>Counselling</b> 9am – 12.30pm  Rm134 Free	<b>Crochet</b> 9am – 12pm <i>Learn to crochet</i> DC £6
<b>Coffee &amp; Conversation</b> 10am – 12pm <i>Come &amp; chat</i> Rm134 Free	<b>Inclusive Yoga</b> 10am – 11am <i>Improves stability.</i> MH £6	<b>Falls Prevention</b> 11.15am - 12pm <i>Strengthening your core</i> Rm 134 £6	<b>Coffee &amp; Conversation</b> 10am – 12pm <i>Come &amp; meet new friends</i> Rm134 Free	<b>Whist</b> 1pm- 3pm <i>Card playing group</i> Rm134 £4	<b>Mat yoga</b> 9am-10am <i>Muscle strengthening</i> Rm134 £6	
<b>IT Support with Mark</b> 10am – 12pm <i>One to One help – 30 mins slot</i> Rm134 £6	<b>Falls Prevention</b> 10.30am -11.15am <i>Strengthening your core</i> Rm134 £6	<b>Line dancing</b> 11.15am – 12.15pm <i>Gentle exercise class</i> MH £6	<b>IT Support – inc Mobile tech</b> 10am – 11.30am <i>One to one help 30mins slot</i> DC £6	<b>Parenting Support provided by Cake Club</b> 10am – 12pm  PH	<b>Table Tennis</b> 9am – 11am  MH £4	
<b>Body &amp; Brain</b> 11.30am-12.30pm <i>Improves Coordination</i> MH £6	<b>Chair Pilates</b> 11.30am - 12.15pm <i>Seated Exercise</i> Rm134 £6	<b>Knit &amp; Knatter</b> 1pm – 3pm <i>Chat &amp; knit</i> Café £6	<b>Keep fit with Liz</b> 10.15am-11.15am <i>Building core strength</i> MH £6		<b>Seated Exercise</b> 10.15am-11.15am <i>Upper body strength</i> Rm134 £6	
	<b>Frailty Prevention Course</b> 2pm-3pm <b>12 weeks starting 9/4/24</b> <i>Improves balance.</i> Rm134 £60	<b>Art Group</b> 1pm to 3pm <i>Painting &amp; drawing class.</i> <i>Basic art materials &amp; drink incld.</i> MH £10	<b>Inclusive Yoga</b> 11.30am-12.15pm <i>Improves stability.</i> MH £6			
<b>Parenting Support provided by Cake Club</b>  1pm – 3pm PH	<b>Group Hypnotherapy with Carmen</b>  1pm – 2pm PH	<b>Coffee &amp; conversation</b> 1.30pm – 3.30pm <i>Come &amp; chat</i> Rm134 Free	<b>Sounds of memory choir</b> 2pm-3pm Rm134 £6		<b>Parenting Support provided by Cake Club</b> 1pm – 3pm <b>2<sup>ND</sup> SAT OF THE MONTH</b>	
<b>Beginners Plus Pilates Course</b> 5.20– 6.20 pm <b>5 weeks starting 26/02/24</b> MH £30	<b>Pilates provided by Fitbugs</b>  6pm – 7.pm PH	<b>Book Club (last Wed of the Month)</b> 1pm – 2pm Café £3			<b>Multiples group</b> 1pm – 3pm <b>3<sup>RD</sup> SAT OF THE MONTH</b>	
<b>Pilates provided by Fitbugs</b> 6.30pm – 7.30pm  PH	<b>Pilates provided by Fitbugs</b> 7.15pm – 8.15pm  PH		<b>Beginners Pilates Course</b> 5.30 – 6.30 pm <b>5 weeks starting TBC</b> MH £30			
<h1 style="color: red;">1<sup>st</sup> Activity Free</h1>			<b>Sign Language for Beginner's</b> <b>5 week course provided by Daniel Dominey</b> 6.45 – 7.45 PH	 <p style="font-size: small;">SOUTHEND ON SEA CIO</p>		

