

## April 2024 - The Community Hub Timetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY		FRIDAY	SATURDAY
<b>Table Tennis</b> 9am – 11am £4 <span style="float: right;">MH</span>	<b>Crochet Club</b> 10am-12pm £6 <span style="float: right;">DC</span>	<b>Tai Chi</b> 10am 11am £6 <span style="float: right;">MH</span>	<b>Table Tennis</b> 9am – 11am £4 <span style="float: right;">MH</span>	<b>Crochet Club</b> 9am- 12pm £6 <span style="float: right;">Café</span>	<b>Counselling</b> 9am – 12.30pm Free <span style="float: right;">Rm134</span>	<b>Crochet</b> 9am – 12pm £6 <span style="float: right;">DC</span>
<b>Coffee &amp; Conversation</b> 10am – 12pm Free <span style="float: right;">Rm134</span>	<b>Inclusive Yoga</b> 10am-11am £6 <span style="float: right;">MH</span>	<b>Demetia Advice &amp; Support</b> 10.30am – 12.30pm Free Drop-in session	<b>Coffee &amp; Conversation</b> 10am – 12pm Free <span style="float: right;">Rm134</span>		<b>Whist - Card playing group</b> 1pm- 3pm £4 <span style="float: right;">Rm134</span>	<b>Mat Yoga</b> 9am-10am £6 <span style="float: right;">MH</span>
<b>IT Support with Mark</b> 10am – 12pm <i>One to One – 30 mins slot</i> £6 <span style="float: right;">Rm134</span>	<b>Falls Prevention</b> 10.30am -11.15am <i>Strengthening your core</i> £6 <span style="float: right;">Rm134</span>	<b>Falls Prevention</b> 11.15am - 12pm £6 <span style="float: right;">Rm 134</span>	<b>Keep Fit with Liz</b> 10.15am-11.15am <i>Building core strength</i> £6 <span style="float: right;">MH</span>		<b>Parenting Support provided by Cake Club</b> 10am – 12pm <span style="float: right;">PH</span>	<b>Table Tennis</b> 10am – 12pm £4 <span style="float: right;">MH</span>
<b>Body &amp; Brain</b> 11.30am-12.30pm <i>Improves Coordination</i> £6 <span style="float: right;">MH</span>	<b>Chair Pilates</b> 11.30am - 12.15pm £6 <span style="float: right;">Rm134</span>	<b>Line Dancing</b> 11.15am – 12.15pm <i>Gentle exercise class</i> £6 <span style="float: right;">MH</span>	<b>Inclusive Yoga</b> 11.30am-12.15pm £6 <span style="float: right;">MH</span>		<div style="border: 1px solid black; border-radius: 50%; padding: 20px; width: fit-content; margin: 0 auto;"> <p><b>Tues 2<sup>nd</sup> - Fri 12<sup>th</sup> April</b> Easter drawing competition</p> <p><b>Kids eat for £1 with every full price adult hot meal.</b></p> </div>	<b>Seated Exercise</b> 10.15am-11.15am <i>Upper body strength</i> £6 <span style="float: right;">Rm134</span>
<b>Parenting Support provided by Cake Club</b> 1pm – 3pm <span style="float: right;">PH</span>	<b>Group Hypnotherapy with Carmen</b> 1pm – 2pm <span style="float: right;">PH</span>	<b>Knit &amp; Knatter</b> 1pm – 3pm £6 <span style="float: right;">Cafe</span>	<b>Sounds of Memory Choir</b> 2pm-3pm £6 <span style="float: right;">Rm134</span>			<b>Parenting Support provided by Cake Club</b> 1pm – 3pm <b>2<sup>ND</sup> SAT OF THE MONTH</b>
<b>Pilates Course</b> 5.20– 6.20 pm <b>5 weeks starting 15/4/24</b> MH <span style="float: right;">£30</span>	<b>Frailty Prevention Course</b> 2pm-3pm <b>12 weeks starting 9/4/24</b> <i>Improves balance.</i> £60 <span style="float: right;">Rm134</span>	<b>Coffee &amp; Conversation</b> 1.30pm – 3.30pm <i>Come &amp; chat</i> <b>Rm134</b> <span style="float: right;">Free</span>	<b>Pilates Course</b> 5.30 – 6.30 pm <b>5 weeks starting 2/5/24</b> £30 <span style="float: right;">MH</span>			<b>Multiples group</b> 1pm – 3pm <b>3<sup>rd</sup> SAT O F THE MONTH</b>
<b>Pilates provided by Fitbugs</b> 6.30pm – 7.30pm <span style="float: right;">PH</span>	<b>IT Support with Mark</b> 2pm – 4pm <i>One to One – 30 mins slot</i> £6 <span style="float: right;">Rm134</span>	<b>Art Group</b> 1pm to 3pm <i>Painting &amp; drawing class. Basic art materials &amp; drink ind.</i> £10 <span style="float: right;">MH</span>	 <p><b>AGE Concern</b> SOUTHEND ON SEA CIO</p>			
	<b>Pilates provided by Fitbugs</b> 6pm – 7.pm <b>and</b> 7.15pm – 8.15pm <span style="float: right;">PH</span>	<b>Book Club (last Wed of the Month)</b> 1pm – 2pm £3 <span style="float: right;">Café</span>				

1<sup>st</sup> Activity Free

Advanced booking is recommended either in person, by email [enquiry@ageconcernsouthend.co.uk](mailto:enquiry@ageconcernsouthend.co.uk) or by calling 01702 345373.



## **We also offer**

### **Private Hires (PH)**

Monday Pilates with Fitbugs 6.30pm-7.30pm - [zoe@fitbugs.net](mailto:zoe@fitbugs.net)  
Tuesday Pilates with Fitbugs 6pm – 7pm & 7.15pm-8.15pm - [zoe@fitbugs.net](mailto:zoe@fitbugs.net)  
Wednesday Book Club 1pm -2pm Meets last Wednesday in the month  
Monday 10am-12pm/Friday 10am-12pm/Saturday 1pm – 3pm  
Cake Club Parenting Support and play Group - [cakeclubcommunity@gmail.com](mailto:cakeclubcommunity@gmail.com)

### **OTHER HUB SERVICES**

**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

**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. 3<sup>rd</sup> and 4<sup>th</sup> Tuesdays in the month - 0300 3031555**

Hear Hear Wax Clear Microsuction - [earwaxremovalssex.co.uk](http://earwaxremovalssex.co.uk) 07833013865

**Gill Clark – Dementia Navigator – Drop-in Clinic offering advice & support- 10.30am – 12.30pm**

**1<sup>st</sup> Wednesday of the month**

### **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.

Do you have a spare hour and want to support your local community? Why not join our volunteer team? We are currently looking for:  
Charity shop volunteers      Befriending volunteers      Fundraising and Events volunteers      Dementia Day Centre Drivers  
If you are interested, please ask at reception for details, telephone us or drop us an email.