

May 2024 - The Community Hub Timetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
Table Tennis 9am-11am £4 MH	Knit & Knat, Crochet & Chat 10am-12pm £6 DC	Tai Chi 10am-11am £6 MH	Table Tennis 9am-11am £4 MH	Knit & Knat, Crochet & Chat 9am-12pm £6 Café	Counselling 9am-12.30pm Free Rm134	Knit & Knat, Crochet & Chat 9am-12pm £6 DC
Coffee & Conversation 10am -12pm Free Rm134	Inclusive Yoga 10am-11am £6 MH	Dementia Advice & Support 10.30am-12.30pm Free Drop-in session	Coffee & Conversation 10am-12pm Free Rm134	Whist - Card playing group 1pm-3pm £4 Rm134	Mat Yoga 9am-10am £6 MH	
IT Support with Mark 10am-12pm <i>One to One – 30mins slot</i> £6 Rm134	Falls Prevention 10.30am-11.15am <i>Strengthening your core</i> £6 Rm134	Falls Prevention 11.15am-12pm £6 Rm 134	Keep Fit with Liz 10.15am-11.15am <i>Building core strength</i> £6 MH	Parenting Support provided by Cake Club 10am-12pm PH	Table Tennis 10am – 12pm £4 MH	
Body & Brain 11.30am-12.30pm <i>Improves Coordination</i> £6 MH	Chair Pilates 11.30am-12.15pm £6 Rm134	Line Dancing 11.15am-12.15pm <i>Gentle exercise class</i> £6 MH	Inclusive Yoga 11.30am-12.15pm £6 MH	<p>Save The Date! Sunday 26th May 10am – 4pm Come and join us for our ...</p>  <p>26TH MAY 2024 10AM - 4PM</p>	Seated Exercise 10.15am-11.15am <i>Upper body strength</i> £6 Rm134	
Parenting Support provided by Cake Club 1pm-3pm PH	Group Hypnotherapy with Carmen 1pm-2pm PH	Knit & Knat, Crochet & Chat 1pm-3pm £6 Cafe	Sounds of Memory Choir 2pm-3pm £6 Rm134		<p style="text-align: center;">11th May 10am-1 pm</p> <p style="text-align: center;">Professional Advice on Wills & Power of Attorney.</p> <p style="text-align: center;">Free Drop-in session</p>	
Doodle Therapy 2pm-4pm £6 Cafe	IT Support with Mark 2pm-4pm <i>One to One – 30 mins slot</i> £6 Rm134	Coffee & Conversation 1.30pm-3.30pm <i>Come & chat</i> Free Rm134	Pilates Course 5.30-6.30 pm 5 weeks starting 2/5/24 £30 MH	<p style="text-align: center;">2ND SAT OF THE MONTH</p>		
Pilates Course 5.20pm–6.20 pm 5 weeks starting 3/6/24 £30 MH	Pilates provided by Fitbugs 6pm-7.pm and 7.15pm-8.15pm PH	Art Group 1pm-3pm <i>Painting & drawing class. Basic art materials & drink incl.</i> £10 MH	<p>1st Activity Free!</p>	<p style="text-align: center;">Parenting Support provided by Cake Club 1pm – 3pm 3RD SAT OF THE MONTH</p>		
Pilates provided by Fitbugs 6.30pm -7.30pm PH		Book Club (last Wed of the Month) 1pm – 2pm £3 Café				

Advanced booking is recommended either in person, by email 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
Tuesday Pilates with Fitbugs 6pm – 7pm & 7.15pm-8.15pm - zoe@fitbugs.net
Monday 10am-12pm/Friday 10am-12pm/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

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. 3rd and 4th Tuesdays in the month - 0300 3031555

Hear Hear Wax Clear Microsuction - earwaxremovalsex.co.uk 07833013865

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

1st 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.

