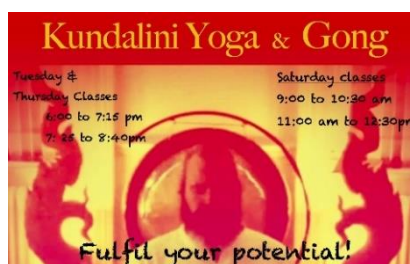




# NEWSLETTER

## OCTOBER 2021

Wow, September was a busy month! I have certainly noticed the Centre is getting busier and busier, with many people making up for lost time by booking up children's birthday parties, classes, training sessions or meeting rooms. With varied sized rooms, The Heene can accommodate several classes at the same time. Check out our function rooms and latest availability. Café One22 is serving refreshments, snacks and lunches, with opening hours until 4pm Monday to Friday. See you soon!



### Kundalini Yoga

Every Tuesday and Thursday evenings:  
6pm & 7.25pm  
Saturday mornings:  
9am & 11am  
Email for more info:  
kundalinirealm@hotmail.com



### DiVibe

Seated Dance Class  
Tuesdays @ 11am  
Book online with Diane  
www.divibe.co.uk  
or Tel. 07795 956793



### Pebbles Baby & Toddler Playgroup

Tuesday mornings  
10.15am – 11.30am  
Starts 5<sup>th</sup> October  
Contact via Facebook



### Guitar Club

Thursday evenings  
Group tuition  
Contact Peter:  
07876 597559  
See website for  
more information



### Worthing Fivestar Table Football Club

Thursday evenings  
7<sup>th</sup> & 21<sup>st</sup> October  
4<sup>th</sup> & 18<sup>th</sup> November  
2<sup>nd</sup> & 16<sup>th</sup> December  
7.15pm – 9.45pm  
shaun\_allison@hotmail.com



### Meditation, Nidra & Sound

Starts 5<sup>th</sup> October  
Tuesdays @ 7pm  
info@echoyoga.com  
www.echoyoga.com



### Lady Amethyst Spiritual Centre

Presents monthly charity events with guest mediums. See website.  
See Stephen Goldsack on Saturday 9<sup>th</sup> October  
7pm for a 7.30pm start

 'LIKE' & SHARE our Facebook page <https://www.facebook.com/heenecommunity> for up-to-date information