

Everyone is welcome to become a member to support
Heene Community Centre
Annual Membership fee of only £8.50 per person

Heene Club for 2018:

Classes for Members only

Thursday Art & Friday Art: £2.40 per session

Bridge & Mexican Dominoes: £2.40 per session

Language Classes: £2.40 per session

Short Mat Bowls & Tea-Dances: £3.20 per session

Card Making: £4.40 per session

Saturday Art: £4.80 per session

Café One22:

Open between 8.30am – 5pm Monday to Saturday

Teas, Coffees and Refreshments

Breakfasts, Lunches, Cakes and Snacks

For Enquiries & Special Catering:- Telephone 07757 826038

Laugh & Learn Preschool:

Term Time Daily (9am – 2pm)

Sharon Bennett, Proprietor & Manager

Web: www.laughandlearn.co.uk

Telephone 07809 254917

Room Hire:

Varying sized rooms available for hire suitable for all events,
including Celebrations, Social Functions, Classes,
Community Events, Training Courses,
Meetings and Children's Parties.

For all Enquiries, Telephone 01903 209997

Important Dates:

SUMMER FAYRE – Saturday 23rd June 10am – 3pm

CHRISTMAS FAYRE – Saturday 1st December 10am – 3pm

ACTIVITIES PROGRAMME 2018

Office Hours:

Monday to Friday

9am – 5pm

Saturday

9am – 12pm



122 Heene Road, Worthing, BN11 4PL



01903 209997



info@heenecommunitycentre.org



www.heenecommunitycentre.org



www.facebook.com/heenecommunity



www.facebook.com/cafeone22

Centre Manager: Joanna Barden

MONDAY

0945 – 1045 Chair Yoga – Martina (07813 071923)
1000 – 1100 Fitness League – Pat Holden (01903 782209)
1015 – 1200 French
1100 – 1200 Chair Yoga – Martina (07813 071923)
1130 – 1230 Open Floor with Amanda – Amanda (07747 482991)
1300 – 1600 Card-making - 2nd & 4th week of month – Shelley Room
1400 – 1600 Spanish – Wordsworth Lounge
1400 – 1630 Tea-Dance (Ballroom Dancing) – Shakespeare Hall
1430 – 1630 Marcus Finch Art Classes – Marcus (01903 531004)
1700 – 1900 Tai Chi (Advanced) – Ian (01903 367043)
1800 – 1900 Silver-Sabres – Kids Class - John (07817 392320)
1900 – 2000 Silver-Sabres – Kids Vs Adults Class - John (07817 392320)
1900 – 2030 Iyengar Yoga – Darren (07801 481801)
1915 – 2115 Maggie's Dance Class – Maggie (01903 233770)
2000 – 2100 Silver-Sabres – Adults Class - John (07817 392320)

TUESDAY

0915 – 0945 Grace Dance Academy – Fiona (07746 240621)
1000 – 1200 Italian
1000 – 1130 Iyengar Yoga – Darren (07801 481801)
1030 – 1230 Mexican Dominoes - Chaucer Room
1315 – 1400 POPSigners – (Baby - Sitting) Jodie (07977 119630)
1330 – 1630 Heene Woodside SMBC – Maureen (01903 265275)
1400 – 1900 Theta Energy Healing – Lumi (07407 048913) - Milton Room
1415 – 1500 POPSigners – (Crawling – Toddling) Jodie (07977 119630)
1515 – 1600 POPSigners – (Toddler Disco) Jodie (07977 119630)
1700 – 1800 Rosie Chesson Dance – Rosie (07792 651438)
1845 – 2130 Short Mat Bowls – Shakespeare Hall
1830 – 2000 Lushtums – Charlotte (07772 848984) Byron Room
1900 – 2100 Weight Watchers – Fiona (07787 229565)
1900 – 2000 Defined Pilates – Charlotte (07584 900325)
1915 – 2115 Marcus Finch Art Classes – Marcus (01903 531004)
1930 – 2100 Holistic Core Restore – Erica (07918 641672)
1945 – 2145 Meditation Evening - Miiko (07843 625168) 1st week of month

WEDNESDAY

0930 – 1100 Iyengar Yoga – Darren (07801 481801) Shakespeare Hall
0930 – 1030 Gentle Yoga – Emma (07904 184436)
1000 – 1200 IT Junction – Free computer guidance. Just turn up - I.T.Suite
1315 – 1445 Baby Wearobics – Jenny (07776 204920)
1400 – 1600 U3A Ukulele – 1st & 3rd week of month
1530 – 1730 Grace Dance Academy – Fiona (07746 240621) Shakespeare Hall
1730 – 1820 Grace Dance Academy – Fiona (07746 240621) Shelley Room
1815 – 1915 Bump & Mini You Yoga – Hollie (07500 652171)
1830 – 1930 Adult Ballet – Beginners - Charis (07881 825007)
1900 – 2000 Line Dance – Improvers - Maggie (01903 233770)
1930 – 2030 Adult Ballet – Improvers - Charis (07881 825007)
2000 – 2100 Maggie's Dance Class – Maggie (01903 233770)

THURSDAY

0930 – 1200 Tea-Dance (Ballroom Dancing) – Shakespeare Hall
0915 – 1215 Sky Blue Art Class – Jane (01903 856999)
1000 – 1200 IT Junction – Free computer guidance. - Just turn up - I.T.Suite
1000 – 1045 Hartbeeps - Happy House (Toddlers–4yrs) (07792 007812)
1100 – 1145 Hartbeeps - Baby Beeps (Sitting-Walking babies) (07792 007812)
1200 – 1245 Hartbeeps - Baby Bells (Newborn–Sitting) (07792 007812)
1300 – 1630 Art Group – Tennyson Room
1315 – 1615 Life Drawing – Dudley Sawyer (01903 232746) Monthly
1345 – 1645 Short Mat Bowls – Shakespeare Hall
1400 – 1600 Circle Dancing – 2nd and 4th week of month (01903 261660)
1300 – 1500 Marcus Finch Art Classes – Marcus (01903 531004)
1700 – 1800 Polish Lessons for Children – Ewa (07740 869477)
1800 – 2130 Guitar & Ukulele Club – Peter (07876 597559)
1815 – 1915 Defined Pilates – Charlotte (07584 900325)
1830 – 1930 Scaravelli Inspired Yoga – Jo (07879 426250)
1845 – 2015 Partner Yoga – Lenka (07895 419138)
1915 – 2015 Defined Pilates – Charlotte (07584 900325)
1915 – 2130 Cancer United – Jan (07957 829505)

FRIDAY

0930 – 1130 Short Mat Bowls – Shakespeare Hall
0930 – 1130 Weight Watchers – Fiona (07787 229565)
1000 – 1200 Italian – I.T.Suite
1000 – 1130 U3A Singing for Pleasure Group – (01903 246137) Shelley Room
1300 – 1600 Bridge – Wordsworth Lounge
1315 – 1615 Heene Woodside SMBC – Maureen (01903 265275)
1400 – 1600 Art Group – Shelley Room
1600 – 2200 Voice & Performance – Holly (07950 474282)
1630 – 1900 Grace Dance Academy – Fiona (07746 240621)

SATURDAY

0845 – 1215 Grace Dance Academy – Fiona (07746 240621)
0900 – 1600 Art Group – Tennyson Room
1430 – 1730 The Hebraic Way – Margaret (01903 217224) 3rd week of month
1930 – 2200 Come Dancing with Maggie's Dance Classes – 2nd week of month
1900 – 2200 Lady Amethyst Spiritual Centre's Charity Events – 2nd week of month

SUNDAY

0900 – 1300 New Creation Life Ministries - Arthur (01903 539003)
1000 – 1130 Weight Loss Yoga – Lenka (07895 419138)
1000 – 1300 Life Drawing – Dudley Sawyer (01903 232746) Monthly
1000 – 1600 Loving Mosaic – Rachel (07968 345656) See website for sessions

The Activities printed in Bold Italic are organised by the Centre.