

The Heene Community Centre is run by the  
Management Committee of the Heene Community Association

Heene Club for 2018:

**Classes for Members only**

**Annual Membership fee of £8.50 per person**

**Art & Languages: £2.40 per session**

**Bridge & Mexican Dominoes: £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 are served**

**For Special Catering & enquiries: Telephone 07757 826038**

Laugh & Learn Preschool:

**Term Time Daily (9am – 2pm)**

**Sharon Bennett, Proprietor & Manager**

**Web: [www.laughandlearn.co.uk](http://www.laughandlearn.co.uk)**

**Telephone 07809 254917**

Room Hire:

**Varying sized rooms available for hire suitable for**

**Celebrations, Social Functions, Classes, Community Events,**

**Courses, Meetings, and Children's Parties.**

**For all enquiries, please contact the Office: 01903 209997**

## ACTIVITIES PROGRAMME

Office Hours:

**Monday to Friday**

**9am – 5pm**

**Saturday**

**9am – 12pm**



**122 Heene Road, Worthing, BN11 4PL**



**01903 209997**



**[info@heenecommunitycentre.org](mailto:info@heenecommunitycentre.org)**



**[www.heenecommunitycentre.org](http://www.heenecommunitycentre.org)**



**[www.facebook.com/heenecommunity](https://www.facebook.com/heenecommunity)**



**[www.facebook.com/cafeone22](https://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 - 2<sup>nd</sup> & 4<sup>th</sup> 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)  
1915 – 2115 Maggie's Dance Class – Maggie (01903 233770)  
1900 – 2030 Iyengar Yoga – Darren (07801 481801)

### TUESDAY

0915 – 0945 Grace Dance Academy – Fiona (07746 240621)  
0930 – 1045 Yogabellies Mum & Baby - Nicki (07887 647886) (Starts 9/2/18)  
**1000 – 1200 Italian for Beginners**  
1000 – 1130 Iyengar Yoga – Darren (07801 481801)  
**1030 – 1230 Mexican Dominoes - Chaucer Room**  
1100 – 1145 Yogabellies Little Angels – Nicki (07887 647886)  
1330 – 1630 Heene Woodside SMBC – Maureen (01903 265275)  
1700 – 1800 Street Dance – Louise (07581 415368)  
**1845 – 2130 Short Mat Bowls – Shakespeare Hall**  
1815 – 2015 Lushtums – Charlotte (07772 848984) Byron Room (Starts 6/2/18)  
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) 1<sup>st</sup> 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  
1400 – 1600 U3A Ukulele – 1<sup>st</sup> & 3<sup>rd</sup> week of month  
1530 – 1730 Grace Dance Academy – Fiona (07746 240621) Shakespeare Hall  
1730 – 1820 Grace Dance Academy – Fiona (07746 240621) Shelley Room  
1830 – 1930 Adult Ballet – Beginners - Charis (07881 825007)  
1900 – 2000 Line Dance – 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**  
**1345 – 1645 Short Mat Bowls – Shakespeare Hall**  
1300 – 1600 Life Drawing – Dudley Sawyer (01903 232746) Monthly  
1400 – 1600 Circle Dancing – 2<sup>nd</sup> and 4<sup>th</sup> 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) (Starts 18/1/18)  
1830 – 1930 Scaravelli Inspired Yoga – Jo (07879 426250)  
1845 – 2015 Partner Yoga – Lenka (07895 419138)  
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**  
1400 – 1800 Newday Makers – Tim (01903 217865) 1<sup>st</sup> week of month  
1430 – 1730 The Hebraic Way – Margaret (01903 217224) 3<sup>rd</sup> week of month  
1930 – 2200 Come Dancing with Maggie's Dance Classes – 2<sup>nd</sup> week of month  
1900 – 2200 Lady Amethyst Spiritual Centre's Charity Events – 2<sup>nd</sup> week of month

### SUNDAY

0900 – 1300 New Creation Life Ministries - Arthur (01903 539003)  
0900 – 1245 Mindfulness Based Cognitive Therapy Course - John (01273 417997)  
1330 – 1700 Family Constellation Group – John (01273 417997)  
1000 – 1130 Weight Loss Yoga – Lenka (07895 419138)  
1000 – 1300 Life Drawing – Dudley Sawyer (01903 232746) Monthly

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