

## Office Hours:

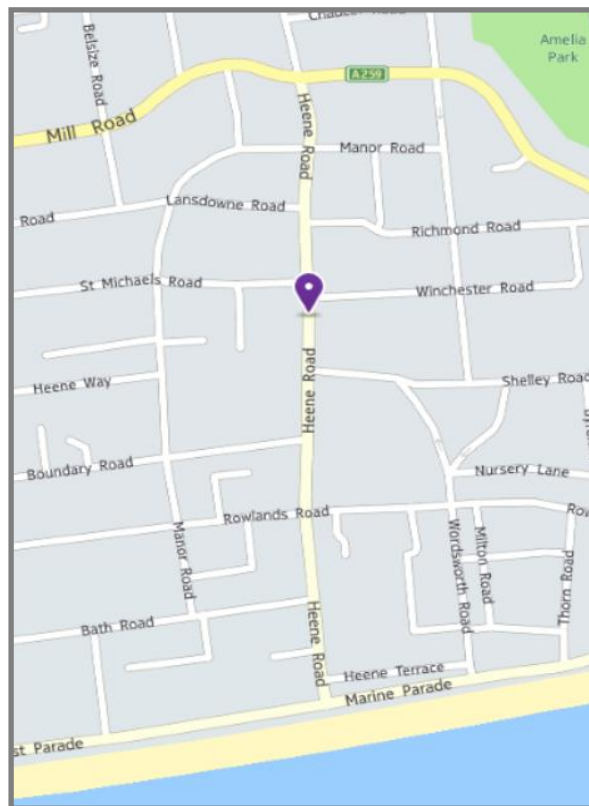
Open 9am – 5pm  
Mondays – Fridays  
9am – 12pm Saturdays  
We are closed on all  
Bank Holidays

## Centre Hours:

8am – late during the week  
(except Tuesdays  
7am - late)

## Where to Find Us:

From the pier, walk west  
along the seafront to Heene  
Road. The Heene is at the  
junction of Heene Road and  
Winchester Road in  
Worthing. Access to the car  
park and The Heene is off  
Winchester Road with  
disabled parking.



## Room Hire:

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

## Important Dates:

Cafe & Centre Closed – Friday 6<sup>th</sup> December 2019  
Christmas Fayre – Saturday 7<sup>th</sup> December 2019

## Heene Club:

Everyone is welcome to become a member to support The Heene  
With a small Annual Membership fee & session fee  
Classes for Members only (printed in bold italic overleaf)  
Social Bowls, Monday Dance, French, Italian, Spanish, Card-making,  
Friday Art, Saturday Art, The Chat Room, Bridge & Mexican Dominoes.

## Café one22 Hours:

Open between 9am – 2pm Mondays  
9am – 4pm Tuesdays – Fridays  
8.30am – 12pm Saturdays



The **HEENE**   
Community Centre

At the heart of the community since 1986

# Activities Programme



Room Hire for all Events  
Heene Club

Many Classes to choose from  
Competitive Prices  
Gardens & Play Areas  
Free Car Park  
Fabulous Café one22

122 Heene Road, Worthing, BN11 4PL  
T: 01903 209997

E: [info@heenecommunitycentre.org](mailto:info@heenecommunitycentre.org)  
[www.heenecommunitycentre.org](http://www.heenecommunitycentre.org)  
[www.facebook.com/heenecommunity](https://www.facebook.com/heenecommunity)  
Centre Manager: Joanna Barden

## MONDAY

0900 – 1400 Laugh & Learn Preschool – Sharon (07809 254917)  
0945 – 1045 Chair Yoga & Meditation – Martina (07813 071923)  
1000 – 1100 Fitness League – Pat Holden (01903 782209)  
**1015 – 1200 French**  
1100 – 1200 Chair Yoga & Meditation – Martina (07813 071923)  
**1300 – 1600 Card-making - 2<sup>nd</sup> & 4<sup>th</sup> week of month**  
1320 – 1410 Charlotte Reader Adult Tap – Beginners (07946 734599)  
**1400 – 1600 Spanish**  
**1330 – 1630 Monday Dance (Tea-Dance/Ballroom Dancing)**  
1430 – 1630 Marcus Finch Art Classes – Marcus (01903 531004)  
1700 – 1800 Tai Chi (Advanced) – Ian (01903 367043)  
1800 – 1900 Tai Chi (Beginners) – Ian (01903 367043)  
1905 – 2035 Iyengar Yoga – Darren (07801 481801)  
1915 – 2015 Maggie's Dance Class – Maggie (01903 233770)

## TUESDAY

0700 – 0800 Mona Yoga – Nikki – www.monayoga.co.uk (New Class)  
0900 – 1400 Laugh & Learn Preschool – Sharon (07809 254917)  
1000 – 1145 My French – Aurelie (07515 276773) Starts 24/9/19  
1000 – 1130 Yogabellies – Mum & Baby - Nicky (07887 647886)  
**1000 – 1200 Tuesday Italian**  
0915 – 1015 HIPHOP TOTS (3-5yrs) (kerry@wannadostreetdance.com)  
**1030 – 1230 Mexican Dominoes**  
1130 – 1230 Yogabellies – Baby Massage - Nicky (07887 647886)  
1330 – 1630 Heene Woodside SMBC – Maureen (01903 265275)  
1400 – 1900 Theta Energy Healing – Lumi (07407 048913) - Milton Room  
1530 – 1845 Grace Dance Academy – Fiona (07746 240621) Shelley Room  
1700 – 1800 Rosie Chesson Dance (5yrs+) - Rosie@rosiechessondance.co.uk  
1845 – 1745 Defined Pilates – Charlotte (07584 900325)  
**1845 – 2130 Social Bowls**  
1930 – 2100 Holistic Core Restore – Erica (07918 641672)  
1945 – 2145 Relaxation & Wellbeing Evening - Miiko (07843 625168) 1<sup>st</sup> week

## WEDNESDAY

0900 – 1400 Laugh & Learn Preschool – Sharon (07809 254917)  
0930 – 1100 Iyengar Yoga – Darren (07801 481801) Shakespeare Hall  
0930 – 1030 Gentle Yoga – Linzi (linzi@linzirodinayoga.co.uk)  
**1000 – 1200 The Chat Room** Starts 11/9/19  
1000 – 1200 IT Junction – Free computer guidance. Just turn up - I.T.Suite  
1050 – 1140 Mini Street Moves (2-5yrs) - Rosie@rosiechessondance.co.uk  
1115 – 1215 Silver Steps – Over 60s - Sundari (07599 233799)  
1315 – 1515 U3A Ukulele – 2<sup>nd</sup> & 4<sup>th</sup> week of month - Shakespeare Hall  
1400 – 1900 Theta Energy Healing – Lumi (07407 048913) - Milton Room  
1530 – 1930 Grace Dance Academy – Fiona (07746 240621) Shelley Room  
1530 – 1900 Grace Dance Academy – Fiona (07746 240621) Shakespeare Hall  
1600 – 1700 YouCrew iPad Video Creator Academy – (7-10yrs) (07802 749181)  
1715 – 1815 YouCrew iPad Video Creator Academy – (7-10yrs) (07802 749181)  
1830 – 1930 YouCrew iPad Video Creator Academy – (10-12yrs) (07802 749181)  
1915 – 2015 Line Dance – Improvers - Maggie (01903 233770)  
1935 – 2035 Adult Ballet – Improvers – Charis (gracedanceworthing@gmail.com)

## THURSDAY

0900 – 1400 Laugh & Learn Preschool – Sharon (07809 254917)  
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)  
1000 – 1500 Lovejoy Centre – Ann Marie (01903 236814) Starts 5/9/19  
1030 – 1200 Rock Choir - (01252 714276)  
1100 – 1145 Hartbeeps - Baby Beeps (Sitting-Walking babies) (07792 007812)  
1200 – 1245 Hartbeeps - Baby Bells (Newborn–Sitting) (07792 007812)  
**1345 – 1630 Social Bowls**  
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)  
1545 – 1800 Grace Dance Academy – Fiona (07746 240621) Shelley Room  
1630 – 1900 Grace Dance Academy – Fiona (07746 240621) Shakespeare Hall  
1700 – 1800 Polish Lessons for Children – Ewa (07740 869477)  
1730 – 1830 Lost & Found Crew (10yrs+) – (Rosie@rosiechessondance.co.uk)  
1800 – 2130 Guitar Club – Peter (07876 597559)  
1800 – 1915 Kundalini Yoga – Miguel – kundlinirealm@hotmail.com (New Class)  
1925 – 2040 Kundalini Yoga – Miguel – kundlinirealm@hotmail.com (New Class)  
1915 – 2130 Cancer United Choir – Jan (07957 829505)

## FRIDAY

0900 – 1400 Laugh & Learn Preschool – Sharon (07809 254917)  
**0930 – 1130 Social Bowls**  
0930 – 1130 Weight Watchers – Wordsworth Lounge  
**1000 – 1200 Friday Italian**  
1000 – 1130 U3A Singing for Pleasure Group – Shelley Room  
1200 – 1300 Sweaty Mama – Joanna – www.sweatymama.com 29/9/19  
**1300 – 1600 Bridge**  
1315 – 1615 Heene Woodside SMBC – Maureen (01903 265275)  
**1400 – 1600 Friday Art Group**  
1600 – 2200 Voice & Performance – Holly (07950 474282)  
1530 – 1615 Grace Dance Academy – Fiona (07746 240621) Byron Room  
1600 – 1700 YouCrew iPad Video Creator Academy – (7-10yrs) (07802 749181)  
1615 – 1900 Grace Dance Academy – Fiona (07746 240621) Shakespeare Hall  
1715 – 1815 YouCrew iPad Video Creator Academy – (7-10yrs) (07802 749181)  
1830 – 1930 YouCrew iPad Video Creator Academy – (10-12yrs) (07802 749181)

## SATURDAY

0845 – 1145 Grace Dance Academy – Fiona (07746 240621) Shelley Room  
0845 – 1235 Grace Dance Academy – Fiona (07746 240621) Shakespeare Hall  
**0900 – 1600 Saturday Art Group**  
0900 – 1030 Kundalini Yoga – Miguel – kundlinirealm@hotmail.com  
1100 – 1230 Kundalini Yoga – Miguel – kundlinirealm@hotmail.com  
1430 – 1730 The Hebraic Way – Margaret (01903 217224) 3<sup>rd</sup> week of month  
1430 – 1730 Scaravelli Yoga Workshop – Sophie (07717 795798) See website  
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)  
1000 – 1300 Life Drawing – Dudley Sawer (01903 232746) Monthly  
1000 – 1600 Loving Mosaic – Rachel (07968 345656) See website