

# IMPORTANT INFORMATION



## Centre Opening Hours:

**Mondays to Sundays: 8am – closing times vary**  
**Closed on all Bank Holidays**

## Office Opening Hours:

**Mondays to Fridays: 9am – 4.30pm**  
**Saturdays: 9am – 12pm**

## 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. Access to the car park and The Heene is off Winchester Road with disabled parking

## 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, see overleaf in bold italic.

## Cafeone22 Current Opening Hours:

**Mondays: 9am – 2pm**  
**Tuesdays to Fridays: 9am – 5pm**  
**Saturdays: 8.30am – 2pm**



## Room Hire:

Varying sized rooms available for hire whilst following the current Government's guidelines on social distancing etc.

## Health & Safety – Covid-19:

Face Coverings/Masks to be worn walking in the Centre  
Entrance - Use the wall mounted hand sanitisers  
Floor Markings - Follow the arrows in the corridors  
Social Distancing - Keep at least 1 metre from everyone  
Keep Safe - Wash your hands frequently  
If you are feeling unwell, leave the Centre immediately



The **HEENE**  
Community Centre



At the heart of the community since 1986

# ACTIVITIES PROGRAMME



Room Hire for all Events

Competitive Prices

Many Classes to choose from

Heene Club

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

Registered Charity No.290117

(Changes amended 07/09/2020)

## MONDAY

- 0900 – 1400 Laugh & Learn Preschool – Sharon (07809 254917) [SEPT 7](#)  
0945 – 1045 Chair Yoga & Meditation – Martina (07813 071923) [OCT 5](#)  
1100 – 1200 Chair Yoga & Meditation – Martina (07813 071923) [OCT 5](#)  
1300 – 1600 **Card-making** - 2<sup>nd</sup> & 4<sup>th</sup> week [STARTED](#)  
1400 – 1600 **Spanish** [SEPT 7](#)  
1330 – 1630 **Monday Dance** (Tea-Dance/Ballroom Dancing) [STARTED](#)  
1700 – 1800 Tai Chi (Advanced) – Ian (01903 367043) [STARTED](#)  
1800 – 1900 Tai Chi (Beginners) – Ian (01903 367043) [STARTED](#)  
1900 – 2000 Clubbercise – Hannah (07736 297533) [SEPT 21 NEW](#)  
1905 – 2035 Iyengar Yoga – Darren (07801 481801) [SEPT 7](#)

## TUESDAY

- 0900 – 1400 Laugh & Learn Preschool – Sharon (07809 254917) [SEPT 8](#)  
1000 – 1130 Yogabellies–Mum & Baby - Nicky (07887 647886) [STARTED](#)  
1000 – 1200 **Tuesday Italian** [SEPT 8](#)  
1000 – 1045 Hartbeeps - Happy House (Toddlers–4yrs) (07792 007812) [SEPT 15](#)  
1100 – 1145 Hartbeeps - Baby Beeps (Sitting-Walking) (07792 007812) [SEPT 15](#)  
1130 – 1230 Yogabellies – Baby Massage - Nicky (07887 647886) [STARTED](#)  
1200 – 1245 Hartbeeps - Baby Bells (Newborn–Sitting) (07792 007812) [SEPT 15](#)  
1315 – 1415 WellBalance Strength & Balance – Debbie (01444 657099) [SEPT 8](#)  
1400 – 1900 Theta Energy Healing – Lumi (07407 048913) [STARTED](#)  
1530 – 1830 Grace Dance Academy – Fiona (07746 240621) [SEPT 15](#)  
1645 – 1845 Rosie Chesson Dance – (Rosie@rosiechessondance.co.uk) [SEPT 8](#)  
1845 – 2130 **Social Bowls** [STARTED](#)

## WEDNESDAY

- 0900 – 1400 Laugh & Learn Preschool – Sharon (07809 254917) [SEPT 9](#)  
0930 – 1100 Iyengar Yoga – Darren (07801 481801) Shakespeare Hall [SEPT 9](#)  
0930 – 1030 Gentle Yoga – Wendy (07790 626442) Shelley Room [OCT 7](#)  
1000 – 1200 **The Chat Room** - Just turn up £1.00 pp [STARTED](#)  
1040 – 1140 Fitness Pilates – Clarence (07926 188740) [STARTED](#)  
1115 – 1215 Silver Steps – Over 60s - Sundari (07599 233799) [STARTED](#)  
1400 – 1900 Theta Energy Healing – Lumi (07407 048913) [STARTED](#)  
1545 – 2015 Grace Dance Academy – Fiona (07746 240621) Shelley [SEPT 16](#)  
1530 – 1900 Grace Dance Academy – Fiona (07746 240621) Hall [SEPT 16](#)  
2015 – 2115 Adult Ballet –Charis (gracedanceworthing@gmail.com) [SEPT 16](#)

## THURSDAY

- 0900 – 1400 Laugh & Learn Preschool – Sharon (07809 254917) [SEPT 10](#)  
0915 – 1215 Sky Blue Art Class – Jane (01903 856999) [SEPT 10](#)  
1000 – 1045 Hartbeeps - Happy House (Toddlers–4yrs) (07792 007812) [SEPT 17](#)  
1000 – 1500 Lovejoy Centre – Ann Marie (01903 236814) [STARTED](#)  
1100 – 1145 Hartbeeps - Baby Beeps (Sitting-Walking) (07792 007812) [SEPT 17](#)  
1200 – 1245 Hartbeeps - Baby Bells (Newborn–Sitting) (07792 007812) [SEPT 17](#)  
1530 – 1745 Grace Dance Academy – Fiona (07746 240621) Shelley [SEPT 17](#)  
1530 – 2030 Grace Dance Academy – Fiona (07746 240621) Hall [SEPT 17](#)  
1700 – 1800 Polish Lessons for Children – Ewa (07740 869477) [STARTED](#)  
1730 – 1830 Lost & Found Crew - (Rosie@rosiechessondance.co.uk) [SEPT 10](#)  
1800 – 2130 Guitar Club – Peter (07876 597559) [STARTED](#)  
1800 – 1915 Kundalini Yoga – Miguel – kundlinirealm@hotmail.com [STARTED](#)  
1925 – 2040 Kundalini Yoga – Miguel – kundlinirealm@hotmail.com [STARTED](#)

## FRIDAY

- 0900 – 1400 Laugh & Learn Preschool – Sharon (07809 254917) [SEPT 11](#)  
0930 – 1130 **Social Bowls** [STARTED](#)  
0930 – 1130 Weight Watchers – Wordsworth Lounge [STARTED](#)  
1000 – 1200 **Friday Italian** [STARTED](#)  
1400 – 1600 **Friday Art Group** [STARTED](#)  
1615 – 1815 Grace Dance Academy – Fiona (07746 240621) Hall [SEPT 18](#)

## SATURDAY

- 0830 – 1230 Grace Dance Academy – Fiona (07746 240621) Shelley [SEPT 19](#)  
0900 – 1245 Grace Dance Academy – Fiona (07746 240621) Hall [SEPT 19](#)  
0900 – 1600 **Saturday Art Group** [STARTED](#)  
0900 – 1030 Kundalini Yoga – Miguel – (kundlinirealm@hotmail.com) [STARTED](#)  
1100 – 1230 Kundalini Yoga – Miguel – (kundlinirealm@hotmail.com) [STARTED](#)

Please contact the individual hirer for further information on availability and class prices. Look on the website: [www.heenecommunitycentre.org](http://www.heenecommunitycentre.org)  
The Heene Club groups are in **bold italic** and you can just turn up to them.  
There is a small membership fee to join The Heene Club.

