

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

Heene Club for 2017:

Classes for Members only
Annual Membership fee of £8.50 per person

Art, Bridge, Mexican Dominoes & Languages: £2.30 per session
Bowling & Dancing: £3.10 per session
Saturday Dancing: £3.50 per session
Card-Making: £4.10 per session
Saturday Art: £4.60 per session

Café One22:

Open between 8.30am – 5pm Monday to Saturday

Teas, Coffees and Refreshments
Lunches, Cakes and Snacks are served
For Special Catering, please enquire at Café One22

Laugh & Learn Preschool:

Term Time Daily (9am – 2pm)

Emma Doick, Proprietor & Manager
Web: 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.

I.T. Suite for hire! I.T. facilities are ideal for
Training Sessions, Conferences, Community Groups,
Voluntary Groups and Health Providers.
For all enquiries, please contact the office.

Chiropody & Podiatry Services here weekly
Telephone 01903 217048 (leave a message)
Mobile 07929 678700 (send a text message)

ACTIVITIES PROGRAMME 2017

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: Jo Pond

MONDAY

0945 – 1045 Chair Yoga – Martina (07813 071923)
1000 – 1100 Fitness League – Pat Holden (01903 782209)
1015 – 1200 French – Chaucer Room
1015 – 1100 Story Frogs (Tidlers 0–2) – Sam (07759 140197)
1100 – 1200 Tai Chi Wisdom – Simon (07825 410967)
1100 – 1200 Chair Yoga – Martina (07813 071923)
1115 – 1200 Story Frogs (Ages 2+) – Sam (07759 140197)
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 Zumba – Abigail (07572 862297)
1800 – 1915 Pregnancy Yoga – Emma (07904 184436)
1845 – 2000 Lanterna Meditation – Drop-In Sessions - Sam (07722 243131)
1900 – 2030 Iyengar Yoga – Darren (07801 481801)
1915 – 2115 Simply Dancing – Brian & Doreen (07850 430472)
2000 – 2110 Lanterna Meditation – Drop-In Sessions - Sam (07722 243131)

TUESDAY

0915 – 0945 Grace Dance Academy – Fiona (07746 240621)
1000 – 1200 Italian for Beginners
1000 – 1130 Iyengar Yoga – Darren (07801 481801)
1330 – 1630 Heene Woodside SMBC – Maureen (01903 265275)
1700 – 1800 Street Dance – Louise (07581 415368)
1800 – 1900 Sarah Steed Yoga – Sarah (07484 697400) **Starts 18th July**
1845 – 2130 Short Mat Bowls – Shakespeare Hall
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)

WEDNESDAY

0900 – 1600 Podiatry & Chiropody Service – Jane (01903 217048)
0930 – 1100 Iyengar Yoga – Darren (07801 481801) Shakespeare Hall
1000 – 1200 IT Junction – Free computer guidance. Just turn up - I.T.Suite
1030 – 1130 Mum & Baby Yoga (07904 184436)
1200 – 1300 Gentle Yoga – Emma (07904 184436)
1400 – 1600 U3A Ukulele – 1st week of month
1400 – 1600 U3A Photography – 3rd week of month
1530 – 1730 Grace Dance Academy – Fiona (07746 240621) Shakespeare Hall
1730 – 1900 Grace Dance Academy – Fiona (07746 240621) Shelly Room
1900 – 2000 Line Dance – Maggie (01903 233770)
1900 – 2000 Kung Fu Worthing Schools – Beginners - Dave (07775 661871)
1915 – 2015 Adult Ballet – Charis (07881 825007)
1930 – 2100 Singers Rechoired Community Choir – Graham (07775 685536)
1945 – 2145 Meditation Evening - Miiko (07843 625168) 1st week of month
2000 – 2100 Kung Fu Worthing Schools – Intermediate - Dave (07775 661871)
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 – 1300 Wellbeing Within – (07810 447398) 1st week of month
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 Winchester Bowls – Frank (01903 775752)
1300 – 1600 Life Drawing – Dudley Sawer (01903 232746) Monthly
1400 – 1600 Circle Dancing – 2nd and 4th week of month (01903 261660)
1300 – 1500 Marcus Finch Art Classes – Marcus (01903 531004)
1615 – 1830 Matt Fiddes Dance – Ben (07837 136457) **Starts 7th July**
1700 – 1800 Polish Lessons for Children – Ewa (07740 869477)
1800 – 2130 Guitar Club – Peter (07876 597559)
1830 – 2100 Bipolar UK – 2nd week of month – Carol (01903 248386)
1830 – 2130 Worthing Photography – Ian (07799 940944) 1st week of month
1915 – 2130 Cancer United – Jan (07957 829505)

FRIDAY

0900 – 1600 Podiatry & Chiropody Service – Jane (01903 217048)
0930 – 1130 Short Mat Bowls – Shakespeare Hall
0900 – 1130 Weight Watchers – Fiona (07787 229565)
1000 – 1200 Italian – I.T.Suite
1000 – 1130 U3A Singing Group – (01903 246137) Shelley Room
1300 – 1600 Bridge
1315 – 1615 Heene Woodside SMBC – Maureen (01903 265275)
1400 – 1600 Art Group – Shelley Room
1615 – 1900 Voice & Performance – Holly (07950 474282)
1900 – 1945 Sing Out – Holly (07950 474282)
1630 – 1830 Grace Dance Academy – Fiona (07746 240621)
1900 – 2100 Simply Dancing – Brian & Doreen (07850 430472)

SATURDAY

0845 – 1215 Grace Dance Academy – Fiona (07746 240621)
0900 – 1600 Art Group – Tennyson Room
0900 – 1400 Podiatry & Chiropody Service – Jane (01903 217048)
1000 – 1100 Lego Club – Alan (07763 199883)
1100 – 1200 Lego Club – Alan (07763 199883)
1400 – 1800 Newday Makers – Tim (01903 217865) 1st week of month
1800 – 2200 Worthing Indian Group - Ravi (07515 956290)
1900 – 2200 Tea-Dance (Ballroom Dancing) – 2nd week of month
1900 – 2200 Lady Amethyst Spiritual Centre – Monthly (See office)

SUNDAY

0900—1300 New Creation Life Ministries - Arthur (01903 539003)
1000 – 1130 Weight Loss Yoga – Lenka (07895 419138)
1000 – 1300 Life Drawing – Dudley Sawer (01903 232746) Monthly
The Activities printed in Bold Italic are organised by the Centre.