

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, & Languages: £2.30 per session**  
**Short Mat Bowls & Tea-Dances: £3.10 per session**  
**Saturday Tea-Dances: £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 & 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.**

**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 01903 209997**

**Jane Loveday Toe Nail Cutting Service 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](mailto:info@heenecommunitycentre.org)**



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



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



**[www.facebook.com/cafeone22](http://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 – Chaucer Room**  
1100 – 1200 Chair Yoga – Martina (07813 071923)  
**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)  
1800 – 1900 Zumba – Abigail (07572 862297)  
1800 – 1915 Pregnancy Yoga – Emma (07904 184436)  
1900 – 2030 Iyengar Yoga – Darren (07801 481801)  
1915 – 2115 Maggie's Dance Class – Maggie (01903 233770)  
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)  
**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 Jane Loveday Toe Nail Cutting 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 – 1<sup>st</sup> week of month  
1400 – 1600 U3A Photography – 3<sup>rd</sup> 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)  
1925 – 2025 Adult Ballet – Charis (07881 825007)  
1930 – 2100 Singers Rechoired Community Choir – Graham (07775 685536)  
1945 – 2145 Meditation Evening - Miiko (07843 625168) 1<sup>st</sup> week of month  
2000 – 2100 Kung Fu Worthing Schools – Intermediate - Dave (07775 661871)  
2000 – 2100 Maggie's Dance Class – Maggie (01903 233770)

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

### THURSDAY

**0930 – 1200 Tea-Dance (Ballroom Dancing) – Shakespeare Hall**  
0915 – 1215 Sky Blue Art Class – Jane (01903 856999)  
1000 – 1300 Wellbeing Within – (07810 447398) 1<sup>st</sup> 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 – 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 Club – Peter (07876 597559)  
1830 – 2100 Bipolar UK – 2<sup>nd</sup> week of month – Carol (01903 248386)  
1830 – 2130 Worthing Photography – Ian (07799 940944) 1<sup>st</sup> week of month  
1830 – 1930 Scaravelli Inspired Yoga – Jo (07879 426250) **Starts 21/9/17**  
1915 – 2130 Cancer United – Jan (07957 829505)

### FRIDAY

0900 – 1600 Jane Loveday Toe Nail Cutting Service – Jane (01903 217048)  
**0930 – 1130 Short Mat Bowls – Shakespeare Hall**  
0930 – 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)  
1815 – 1915 Yoga with Anja – Anja (07930 484527)  
1900 – 1945 Sing Out – Holly (07950 474282)  
1630 – 1830 Grace Dance Academy – Fiona (07746 240621)

### SATURDAY

0845 – 1215 Grace Dance Academy – Fiona (07746 240621)  
**0900 – 1600 Art Group – Tennyson Room**  
0905 – 1000 Back To Basics Pilates – Clare (backtobasicspilates@outlook.com)  
0900 – 1400 Jane Loveday Toe Nail Cutting Service – Jane (01903 217048)  
1000 – 1100 Lego Club – Alan (07763 199883) Fortnightly (please check)  
1005 – 1100 Back To Basics Pilates – Clare **Starts 23/9/17**  
1100 – 1200 Lego Club – Alan (07763 199883) Fortnightly (please check)  
1400 – 1800 Newday Makers – Tim (01903 217865) 1<sup>st</sup> week of month  
1800 – 2200 Worthing Indian Group - Ravi (07515 956290)  
**1900 – 2200 Tea-Dance (Ballroom Dancing) – 2<sup>nd</sup> 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