

### **Office Hours:**

Open between 9am – 5pm Monday to Friday  
And 9am – 12pm Saturday  
We are closed Bank Holidays

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Everyone is welcome to become a member to support The Heene  
With a small Annual Membership fee

The activities on the other page, (printed in Bold Italic) are organised by the Centre and you will need to become a member to attend these classes.

### **Heene Club for 2018:**

Classes for Members only  
Thursday Art & Friday Art: £2.40 per session  
Bridge & Mexican Dominoes: £2.40 per session  
Language Classes: £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

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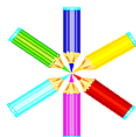
### **Café One22:**

Open between 8.30am – 5pm Monday to Saturday  
Teas, Coffees and Refreshments  
Breakfasts, Lunches, Cakes and Snacks  
For Enquiries & Special Catering:- Telephone 07757 826038  
[www.facebook.com/cafeone22](http://www.facebook.com/cafeone22)

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### **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



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### **Room Hire:**

Varying sized rooms available for hire suitable for all events, including Celebrations, Social Functions, Classes, Community Events, Training Courses, Dances, Meetings and Children's Parties.  
For all Enquiries, Telephone 01903 209997

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### **Important Date:**

CHRISTMAS FAYRE – Saturday 1<sup>st</sup> December 10am – 3pm  
Raffle tickets on sale now from the office!  
Donations of bottles, chocolate and toiletries for the Tombola stall would be most appreciated. Please bring to the office ahead of the day.  
Thank you.

*At the heart of the community since 1986*

# ACTIVITIES PROGRAMME



*Room Hire for all Events  
Competitive Prices  
Fabulous Café One22  
Many Classes to choose from  
Free Car Park*

122 Heene Road, Worthing, BN11 4PL  
01903 209997

[www.heenecommunitycentre.org](http://www.heenecommunitycentre.org)  
[www.facebook.com/heenecommunity](http://www.facebook.com/heenecommunity)  
Centre Manager: Joanna Barden

## MONDAY

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**  
**1400 – 1600** **Spanish**  
**1400 – 1630** **Tea-Dance (Ballroom Dancing)**  
1430 – 1630 Marcus Finch Art Classes – Marcus (01903 531004)  
1700 – 1900 Tai Chi (Advanced) – Ian (01903 367043)  
1800 – 1900 Scaravelli Inspired Yoga – Jo (07879 426250) starting 1/10/18  
1900 – 2000 Silver-Sabres – Mixed Kids and Adults - John (07817 392320)  
1900 – 2030 Iyengar Yoga – Darren (07801 481801)  
1915 – 2115 Maggie's Dance Class – Maggie (01903 233770)  
2000 – 2100 Silver-Sabres – Adults Class - John (07817 392320)

## TUESDAY

0915 – 0945 Grace Dance Academy – Fiona (07746 240621)  
0930 – 1045 Yogabellies – Mum & Baby - Nicky (07887 647886) (New class)  
**1000 – 1200** **Italian**  
1000 – 1045 Stretchen Strengthen – Matthew (07808 132613) (New class)  
1010 – 1050 HIPHOP TOTS (3-5yrs) (kerry@wannadostreetdance.com) (New class)  
**1030 – 1230** **Mexican Dominoes**  
1100 – 1145 Stretchen Strengthen – Matthew (07808 132613) (New class)  
1100 – 1145 Yogabellies – Little Angels - Nicky (07887 647886) (New class)  
1330 – 1630 Heene Woodside SMBC – Maureen (01903 265275)  
1400 – 1900 Theta Energy Healing – Lumi (07407 048913) - Milton Room  
1700 – 1800 Rosie Chesson Dance (5yrs+) - Rosie@rosiechessondance.co.uk  
**1845 – 2130** **Short Mat Bowls**  
1830 – 2000 Lushtums – Charlotte (07772 848984) Byron Room  
1900 – 2000 Defined Pilates – Charlotte (07584 900325)  
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  
1050 – 1140 Mini Street Moves (2-5yrs) - Rosie@rosiechessondance.co.uk  
1145 – 1245 Silver Steps – Over 60s - Sundari (07599 233799) (New class)  
1400 – 1600 U3A Ukulele – 1<sup>st</sup> & 3<sup>rd</sup> week of month  
1600 – 1700 YouCrew iPad Video Creator Academy – (7-10yrs) (07802 749181)  
1530 – 1900 Grace Dance Academy – Fiona (07746 240621) Shakespeare Hall  
1715 – 1815 YouCrew iPad Video Creator Academy – (7-10yrs) (07802 749181)  
1730 – 1820 Grace Dance Academy – Fiona (07746 240621) Shelley Room  
1830 – 1930 YouCrew iPad Video Creator Academy – (10-12yrs) (07802 749181)  
1900 – 2000 Line Dance – Improvers - Maggie (01903 233770)  
1930 – 2030 Adult Ballet – Improvers – Charis (gracedanceworthing@gmail.com)  
2000 – 2100 Maggie's Dance Class – Maggie (01903 233770)  
2000 – 2100 Tao Dragons Martial Arts – Mark (07950 031280) (New class)  
2030 – 2115 Adult Tap – Charis – (gracedanceworthing@gmail.com) (New class)

## THURSDAY

0900 – 1400 Laugh & Learn Preschool – Sharon (07809 254917)  
**0930 – 1200** **Tea-Dance (Ballroom Dancing)**  
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**  
1315 – 1615 Life Drawing – Dudley Sawyer (01903 232746) Monthly  
**1345 – 1645** **Short Mat 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 (11yrs+)–(Rosie@rosiechessondance.co.uk)(New class)  
1800 – 2130 Guitar Club – Peter (07876 597559)  
1815 – 1915 Defined Pilates – Charlotte (07584 900325)  
1915 – 2015 Defined Pilates – Charlotte (07584 900325)  
1915 – 2130 Cancer United – Jan (07957 829505)

## FRIDAY

**0930 – 1130** **Short Mat Bowls**  
0930 – 1130 Weight Watchers – Wordsworth Lounge  
**1000 – 1200** **Italian**  
1000 – 1130 U3A Singing for Pleasure Group – (01903 246137) Shelley Room  
**1300 – 1600** **Bridge**  
1315 – 1615 Heene Woodside SMBC – Maureen (01903 265275)  
**1400 – 1600** **Art Group**  
1600 – 2200 Voice & Performance – Holly (07950 474282)  
1530 – 1615 Grace Dance Academy – Fiona (07746 240621)  
1600 – 1700 YouCrew iPad Video Creator Academy – (7-10yrs) (07802 749181)  
1630 – 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 – 1215 Grace Dance Academy – Fiona (07746 240621)  
**0900 – 1600** **Art Group**  
0900 – 1030 Kundalini Yoga – Miguel – kundlinirealm@hotmail.com (New class)  
1100 – 1230 Kundalini Yoga – Miguel – kundlinirealm@hotmail.com (New class)  
1300 – 1800 Pranic Healing Clinic - Miiko (07843 625168) Monthly  
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)  
1000 – 1300 Life Drawing – Dudley Sawyer (01903 232746) Monthly  
1000 – 1600 Loving Mosaic – Rachel (07968 345656) See website for sessions  
1300 – 1400 YouCrew iPad Video Creator Academy – (7-10yrs) (07802 749181)  
1415 – 1515 YouCrew iPad Video Creator Academy – (10-12yrs) (07802 749181)  
1530 – 1630 YouCrew iPad Video Creator Academy – (7-10yrs) (07802 749181)