

Office Hours:

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

Everyone is welcome to become a member to support The Heene
With a small Annual Membership fee
The activities (printed in bold italic) are organised by the Centre.
You will need to become a member to attend these classes.

Heene Club for 2019:

Classes for Members only

Thursday Art & Friday Art: £2.50 per session
Bridge & Mexican Dominoes: £2.50 per session
Language Classes: £2.50 per session
Short Mat Bowls & Tea-Dances: £3.30 per session
Card Making: £4.50 per session
Saturday Art: £5.00 per session

Café one22:

Open between 9am – 5pm Monday to Friday
And 9am – 4pm Saturdays

Teas, Coffees and Refreshments

Breakfasts, Lunches, Cakes and Snacks

For Enquiries & Special Catering:- Telephone 07757 826038

www.facebook.com/cafeone22

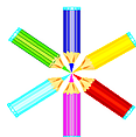
Laugh & Learn Preschool:

Term Time Daily (9am – 2pm)

Sharon Bennett, Proprietor & Manager

Web: www.laughandlearn.co.uk

Telephone 07809 254917



Room Hire:

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

For all Enquiries, Telephone 01903 209997

Important Dates:

Summer Fayre – Saturday 22nd June 2019
Christmas Fayre – Saturday 7th December 2019

The **HEENE**
Community Centre



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

Email: info@heenecommunitycentre.org

www.heenecommunitycentre.org

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 - 2nd & 4th week of month
1320 – 1410 Charlotte Reader Adult Tap – Beginners (07946 734599)
1400 – 1600 Spanish
1400 – 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)
1800 – 1900 Scaravelli Inspired Yoga – Jo (07879 426250)
1905 – 2035 Iyengar Yoga – Darren (07801 481801)
1915 – 2015 Maggie's Dance Class – Maggie (01903 233770)

TUESDAY

0900 – 1400 Laugh & Learn Preschool – Sharon (07809 254917)
0915 – 0945 Grace Dance Academy – Fiona (07746 240621)
1000 – 1130 Yogabellies – Mum & Baby - Nicky (07887 647886)
1000 – 1100 In Balance Yoga – Carol (07508 094100) Starts 12/3/19
1000 – 1200 Tuesday Italian
1010 – 1050 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
1700 – 1800 Rosie Chesson Dance (5yrs+) - Rosie@rosiechessondance.co.uk
1800 – 1900 Defined Pilates – Charlotte (07584 900325)
1845 – 2130 Short Mat Bowls
1900 – 2000 Defined Pilates – Charlotte (07584 900325)
1900 – 2130 Mindful Living – Sonia (01273 203098)
1930 – 2100 Holistic Core Restore – Erica (07918 641672)
1945 – 2145 Relaxation & Wellbeing Evening - Miiko (07843 625168) 1st 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 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)
1400 – 1600 U3A Ukulele – 1st & 3rd week of month
1400 – 1900 Theta Energy Healing – Lumi (07407 048913) - Milton Room
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)
1915 – 2015 Adult Ballet – Improvers – Charis (gracedanceworthing@gmail.com)
1930 – 2100 Drop In Beginners Yoga with Wendy – 07990 626442 Starts 20/2/19
2020 – 2105 Adult Tap – 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)
1030 – 1200 Rock Choir - (01252 714276) (new class)
1100 – 1145 Hartbeeps - Baby Beeps (Sitting-Walking babies) (07792 007812)
1200 – 1245 Hartbeeps - Baby Bells (Newborn-Sitting) (07792 007812)
1300 – 1630 Thursday Art Group
1315 – 1615 Life Drawing – Dudley Sawer (01903 232746) Monthly
1345 – 1645 Short Mat Bowls
1400 – 1600 Circle Dancing – 2nd and 4th 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 – 1900 Yoga with Anja –Yoga for Beginners – Anja (07930 484527) Starts 14/3/19
1915 – 2130 Cancer United Choir – Jan (07957 829505)
1915 – 2015 Yoga with Anja – Restorative (Yin) Yoga – Anja (07930 484527) 14/3/19
2030 – 2100 Yoga with Anja – Freedom Yoga – Anja (07930 484527) Starts 14/3/19

FRIDAY

0900 – 1400 Laugh & Learn Preschool – Sharon (07809 254917)
0930 – 1130 Short Mat Bowls
0930 – 1130 Weight Watchers – Wordsworth Lounge
1000 – 1200 Friday Italian
1000 – 1130 U3A Singing for Pleasure Group – Shelley Room
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)
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 Saturday Art Group
0900 – 1030 Kundalini Yoga – Miguel – kundlinirealm@hotmail.com
1100 – 1230 Kundalini Yoga – Miguel – kundlinirealm@hotmail.com
1300 – 1800 Pranik Healing Clinic - Miiko (07843 625168) Monthly
1300 – 1600 Skyblue Art Saturday Workshop – Jane (01903 856999) Monthly
1430 – 1730 The Hebraic Way – Margaret (01903 217224) 3rd week of month
1900 – 2200 Lady Amethyst Spiritual Centre's Charity Events – 2nd week of month

SUNDAY

0900 – 1300 New Creation Life Ministries – Arthur (01903 539003)
0945 – 1045 WiggleBums – Weekend Family Yoga – Deena (07523 221601)
1000 – 1300 Life Drawing – Dudley Sawer (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)