



NEWSLETTER

DECEMBER 2021

As many of you are slowing down now and getting ready for the Christmas break, on behalf of the Trustees and myself, I would like to wish you a very happy and peaceful Christmas. The last day the Centre and Café One22 are open before the holidays is Monday 20th December. The Centre and Café One22 will be reopening on Tuesday 4th January 2022. Here is to a Happier New Year!



Lady Amethyst Spiritual Centre
Presents monthly charity events with guest mediums. See Hazel Martin and Sue Burtenshaw on Saturday 11 December. 7pm for a 7.30pm start



**HOLIDAY
OPENING TIMES**

Centre Closed
Tuesday 21st December 2021

Centre Reopen
Tuesday 4th January 2022



Wishing You A Peaceful Christmas & Happy New Year



ECHO YOGA
SUSSEX

YOGA - MEDITATION - SOUND

WWW.ECHOYOGA.COM INFO@ECHOYOGA.COM

WORTHING | LANCING | HORSHAM | ARUNDEL | CHICHESTER

**Yin Yoga & Nidra
with Echoyoga**
Starts 12th January
Tuesdays @ 6.30pm
info@echoyoga.com
www.echoyoga.com



Cardiac Rehabilitation Exercise Class
Thursdays 2.30 – 3.30

Starting
13th January 2022

**Cardiac Rehabilitation
Exercise Class**
Thursdays 2.30pm-3.30pm
Join Aimee & Liz for this friendly class. This new class is perfect for people of all ages and abilities.
07808 723528/
07803 304346



Guitar Club
Thursday evenings
Group tuition
Have you always wanted to learn a new instrument?
Contact Peter:
07876 597559



Pokémon Club
Wednesdays 4pm – 6pm
Booking is a must. Entry fee is £3 per a person taking part. For more info:
07305 125126
The G Zone Worthing
#pokemon #thegzone



Messy Play Our Play
For children
3 sessions a week on
Mondays, Thursdays &
Fridays 10:30 – 11:15
‘Facebook:
messy play our way’
for more info



Polish Group for Children
Thursdays 5pm-6pm
Spaces available
Tel 07740 869477
Email for more info:
ewakoltowska7@gmail.com

 ‘LIKE’ & SHARE our Facebook page <https://www.facebook.com/heenecommunity> for up-to-date information