



Happy Holidays!

NEWSLETTER

August 2019

New Classes

Mona Yoga – Tuesday 6th August



Starts Tuesday 6th August 2019.
7am – 8am. Mona Yoga is run by Nikki Timney. Classes are open to all abilities. Get in touch for more information about her classes and 1-1 sessions.

facebook.com/monayogauk

E: monayogauk@gmail.com www.monayoga.co.uk

Lovejoy Centre – Thursday 5th September



Starts Thursday 5th September 2019. Lovejoy Centre offers a day service to provide a high standard of affordable, simulative person centred engaging activity sessions

for older people in the community. Every Thursday 10am-3pm or half days. Please contact Ann Marie Lovejoy to book in advance on 01903 236814 E: lovejoycentre@gmail.com www.lovejoycentre.co.uk

Sweaty Mama – Friday 6th September



The Sweaty Mama launch is on Friday 6th September at 11.45am. Sweaty Mama is the fun, effective and interactive workout with your child. Babies, Toddlers and pre-schoolers

love Sweaty Mama. Children from 6 weeks – 4 years old+ Exercise adaptations to suit your fitness and the age/development of your child. Post-natal specialists and trained in safe baby wearing too! 6 week course just £35.00. For more details, visit www.sweatymama.com

In the Spotlight

You Crew Video Creator Academy



Is you 7-12 yr old obsessed with YouTube? Send them to YouCrew to make their own videos in a fun and safe environment! At YouCrew, we set up all the popular YouTube-style games and activities (gaming, slime, silly challenges, animation, etc) for kids to film themselves taking part in, and then we teach them how to turn that content into awesome finished videos to send home! We supply all equipment, and we have sessions running from 29th July - 30th August, AND if you mention you heard about us through Heene Community Centre, we would give you 20% off your booking! Session times can all be seen here <https://crookedtreeevents.com/faq/>

Room Hire in August



Are you looking for a venue to hold a last minute event on any of the Friday afternoons during August? Check out the latest availability for weekends too.

Summer Holidays

Check with individual hirers regarding their classes, as many hirers are on holiday during August. Contact details are on the website and Activity Programme. Please note that Café one22 is open during the Summer Holidays with extra space in the gardens, where there is a sandpit, perfect for families to enjoy. Happy Holidays!



Heene Community Centre, 122 Heene Road, Worthing, West Sussex, BN11 4PL
Joanna Barden, Centre Manager

E: info@heenecommunitycentre.org T: 01903 209997 www.heenecommunitycentre.org