



Lady Amethyst Spiritual Centre



2nd Saturday of each month
Charity Clairvoyant
Evenings 7pm £8.00pp
11/9/21 Marlene Woolgar
Facebook: Lady Amethyst

Kundalini Realm Yoga



NEW classes starts 7/9/21
Tuesdays 6pm
Tuesdays 7.25pm
Also, Thursday evenings &
Saturday morning sessions

Kundalinirealm@hotmail.com

Chair Yoga & Meditation with Martina



NEW class
Mondays 9am
martinaziewe1@gmail.com
www.yogawithmartina.com
Tel: 07813 071923

Zumba Gold with Jo



NEW class starts 31/8/21
Tuesdays 9.45am
Dance class for beginners
and over 50s
Book your class online
www.zumbawithjo.com

Dancercise



NEW class starts 7/9/21
Tuesdays 12:15pm
A fun way to exercise for
the over 50s
jane@Jane Busby.co.uk
Tel: 07860 136455

DiVibe



NEW class starts 7/9/21
Tuesdays 11am
Grab a Seat and Dance to
the Beat!
Divibeuk@gmail.com
Tel: 07795 956793

MONDAY DANCE – Mondays 1.30pm

Waltz, Tango, Foxtrot, Rumba, Quickstep,
Sequence Dancing, Jive & Cha Cha.

The Benefits of Dance:-

- ~ Dance keeps both the body and the brain active, vital for people of every age.
- ~ Dance offers a way to improve strength and flexibility, which helps keeps muscles and joints healthy
- ~ Choosing to start a new hobby can help you meet new people and make friends with people who have similar interests
- ~ Dance helps you learn about your body, improving your posture and balance
- ~ Taking time out in the day to partake in a hobby can help to reduce stress levels



Café One22 - Current Opening Hours

Mondays to Fridays
9.30am – 2.30pm
Saturdays
9am – 2pm
Check out the menu and
garden seating areas



Goodbye to the Pre-school



Last month, Sharon, Owner/ Manager sadly decided to close the Laugh & Learn Heene Pre-school. We wish them well and it will not be the same without them at the Centre.

Function Rooms



ROOM HIRE

If you are thinking of running a class, get in touch and see what availability there is for daytime, evening or weekend sessions.

At the Heart of the community since 1986