



Cafe open hours:

09:00 - 15:00

Monday, Tuesday, Thursday & Friday

Lunch is served at 12 noon

Day	Time	Class	Price	Details
Monday	10:00 - 13:00	Mind Matters based on principles of cognitive stimulation therapy (CST)	Enquire for price	Age UK West Sussex, Brighton & Hove
	10:30 - 12:00	Spring Chickens Art Club -every other week enquire for dates	£6.50	Cara Barseghian - springchickensart@yahoo.com
	10.00 - 12.00	Craft Club Enquire for Dates	Free	Age UK
	12.00 - 12:30	Lunch - served at 12 noon	From £5.00	Age UK
	14:00 - 15:00	Spring Chickens Choir	£6.00	Cara Barseghian- springchickenschoir@yahoo.com
Tuesday	09:15 - 10:00	Chairobics	£5.50	Vanessa
	10:00 - 12:00	Knit and Natter	FREE	Age UK
	10:00 - 15:00	Chiropodist	£32.00	Michelle - Call to make an appointment
	10:15 - 11:00	Chairobics	£5.50	Vanessa
	11:45 - 12:30	Tai Chi	£5.50	Kevin
	12:00 - 12:30	Lunch- served at 12 noon	From £5.00	Age UK
	13.05 - 13.55	Stretch & Tone	£5.50	Rebecca
Wednesday	10:00 - 15:00	Daybreak Respite-PRE BOOK ONLY	Enquire for price	Age UK West Sussex, Brighton & Hove
Thursday	09:00 - 13:00	Hairdresser	Enquire for price	Jennie call 07565 345711
	10:00 - 12:00	Gardening Club	FREE	Age UK
	10:30 - 12:00	Spring Chickens Art Club	£6.50	Cara Barseghian- springchickensart@yahoo.com
	12:00 - 12:30	Lunch- served at 12 noon	From £5.00	Age UK
	12:30 - 13:15	Chairobics	£5.50	Vanessa
	13:00 - 15:45	Reflexology, Massage or Reiki Healing	Enquire for price	Carly - call 07368 528108
	14:00 - 14:45	Tai Chi	£5.50	Kevin
Friday	10:00 - 14:00	Reflexology, Massage or Reiki Healing	Enquire for price	Carly - call 07368 528108
	10.00 - 12.00	Board Games	Free	Age UK
	10:00 - 10:45	Chairobics	£5.50	Vanessa
	11:00 - 11:45	Chairobics	£5.50	Vanessa
	12:00 - 12:30	Lunch- served at 12 noon	From £5.00	Age UK
	12:00 - 12:45	Freestyle Fitness Yoga- NEW CLASS	£5.50	Rebecca
	13:15 - 14:00	Step it up	£5.50	Kevin