



## Lamb House Haywards Heath

01444 450248

[midsussex@ageukwsbh.org.uk](mailto:midsussex@ageukwsbh.org.uk)

Lamb House, Kleinwort Close, Haywards Heath, RH16 4XG



Cafe Opening Hours  
Monday to Friday  
09:00 - 15:00  
Lunch is served at

Day	Time	Class	Price	
<b>Monday</b>	10:00 - 13:00	<b>Mind Matters</b> based on principles of cognitive stimulation therapy (CST)	Enquire for price	Age UK West Sussex, Brighton & Hove
	10:15 - 11:00	<b>Pilates</b>	£5.50	Amalia
	10:30 - 12:00	<b>Spring Chickens Art Club</b>	£6.50	Cara Barseghian - springchickensart@yahoo.com
	12:00 - 12:30	<b>Lunch - served at 12 noon</b>	From £5.00	Age UK
	14:00 - 15:00	<b>Spring Chickens Choir</b>	£6.00	Cara Barseghian- springchickenschoir@yahoo.com
<b>Tuesday</b>	09:15 - 10:00	<b>Chairobics</b>	£5.50	Vanessa
	10:00 - 12:00	<b>Knit and Natter</b>	FREE	Age UK
	10:00 - 15:00	<b>Chiropodist</b>	£32.00	Michelle - Call to make an appointment
	10:15 - 11:00	<b>Chairobics</b>	£5.50	Vanessa
	11:45 - 12:30	<b>Tai Chi</b>	£5.50	Kevin
	12:00 - 12:30	<b>Lunch- served at 12 noon</b>	From £5.00	Age UK
	13:00 - 13:45	<b>Stretch &amp; Tone</b>	£5.50	Rebecca
<b>Wednesday</b>	10:00 - 15:00	<b>Daybreak Respite-PRE BOOK ONLY</b>	Enquire for price	Age UK West Sussex, Brighton & Hove
	12:00 - 12:30	<b>Lunch- served at 12 noon</b>	From £5.00	Age UK
<b>Thursday</b>	09:00 - 13:00	<b>Hairdresser</b>	Enquire for price	Jennie call 07565 345711
	10:00 - 12:00	<b>Gardening Club</b>	FREE	Age UK
	10:30 - 11:30	<b>Seated Exercises</b>	FREE	Ben from Nuffield Health
	10:30 - 12:00	<b>Spring Chickens Art Club</b>	£6.50	Cara Barseghian- springchickensart@yahoo.com
	12:00 - 12:30	<b>Lunch- served at 12 noon</b>	From £5.00	Age UK
	12:30 - 13:15	<b>Chairobics</b>	£5.50	Vanessa
	13:00 - 15:45	<b>Reflexology, Massage or Reiki Healing</b>	Enquire for price	Carly - Call to make an appointment
	14:00 - 14:45	<b>Tai Chi</b>	£5.50	Kevin
<b>Friday</b>	10:00 - 13:30	<b>Reflexology, Massage or Reiki Healing</b>	Enquire for price	Carly - Call to make an appointment

10:00 - 10:45	<b>Chairobics</b>	£5.50	Vanessa
11:00 - 11:45	<b>Chairobics</b>	£5.50	Vanessa
12:00 - 12:30	<b>Lunch- served at 12 noon</b>	From £5.00	Age UK
12:00 - 12:45	<b>Stretch &amp; Tone</b>	£5.50	Rebecca
13:15 - 14.00	<b>Step it up</b>	£5.50	Kevin