

Activities



MONDAY

Beachfront Walk, 10:30 am at the Lifeboat Museum

09:15 - £7.00 - Beginners Tai Chi

10:00 - £4.50 - Holiday French

10:20 - £7.00 - Intermediate Tai Chi

10:30 - £7.00 - Let's Dance

11:45 - £6.00 - Senior Seated Exercise

TUESDAY

10:00 - £5.00 - Art

12:30 - £5.00 - Seated Pilates

13:30 - £free - Chess in the Café

WEDNESDAY

Hampden Park Walk, 10:30 am at the Tea Chalet

10:15 - £6.00 - Beginners Tap

10:30 - £7.00 - Tai Chi Next Step

11:30 - £6.00 - Ballet

13:30 - £free - Scrabble in the Café

14:00 - £free - Choir

14:00 - £3.00 - Rainbow Group (Last Wednesday of the month)

THURSDAY

(1st Thursday of each month) 10 am-12 pm Tech Support from TechResort

10:00 - £5.50 - Yoga For Beginners

10:30 - £2.00 - Women's Friendship circle (Please ask for dates as not every week)

11:30 - £5.00 - Seated Pilates

14:00 - £9.00 - Fun Acting Workshop

FRIDAY

10:30 - £7.00 - Dancercise

11:45 - £4.50 - Current Affairs

12:00 - £6.00 - Middle Eastern & Classic Dance

13:30 - £3.00 - The Venton Quiz (1st & 3rd Friday of the month)

THE VENTON CENTRE, JUNCTION ROAD, EASTBOURNE, BN21 3QY

01323 638474 - ageconcerneastbourne.org.uk - info@ageconcerneastbourne.co.uk

Services



MONDAY

£30 - Acupuncture

£30 - Ear Wax Removal Via Irrigation

£Various - Hair salon

TUESDAY

Hands on treatments for relief of pain and stress

Massage/Myofascial release/Craniosacral therapy

£60 for 60 min appointment

£23 - Nail Care

£various - Hair Salon

WEDNESDAY

£23 - Nail Care

£35.50 - Chiropody

£Various - Hair Salon

THURSDAY

£35.50 - Chiropody

£23 - Nail Care

£various - Hair Salon

FRIDAY

£25 - Reiki

£various - Hair Salon

Day club - £various

Welfare Rights - £free

Information & Advice - £free

Homecare (Personal Care, Cleaning and Shopping)- £various

All of these services are by booking only

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