

# UPCOMING EVENTS AT THE HAYWARDS HEATH CENTRE - JUNE 2026

<u>DATE</u>	<u>TIME</u>	<u>EVENT</u>	<u>COST</u>
Monday 1 June	11am - 11:30am	<p><b><u>MID SUSSEX HEALTHY WALKS</u></b> Mid Sussex District Council, in partnership with Glendale, will be leading a Healthy Walk on Monday, 1 June, starting at 11am.</p> <p>We'll be enjoying a lovely walk over Beech Hurst, taking in the fresh air and beautiful surroundings. It's a great way to get active, meet others and boost your wellbeing.</p>	FREE
Thursday 4 June	2pm - 2:30pm	<p><b>Curling with Jackie &amp; David:</b> Come and try your hand at curling—a fun, social activity that's perfect for all abilities. No experience needed.</p> <p>It's a great way to stay active, meet others and enjoy a good laugh.</p>	£3.50
Tuesday 16 June	10:30am - 1:30pm	<p><b>Disco Party:</b> Come and join us for a <b>fun filled day</b>, including a quiz raffle, <b>two course lunch</b> and entertainment from <b>Tania Rodd</b>. Get out your sequins and flares. <b>Limited spaces available</b>, so be sure to book early.</p>	£16.00
Thursday 18 June	1:30pm - 2:30pm	<p><b>Speakers Corner</b> Friend of Lamb House, David King will share highlights from his incredible Antarctic cruise, with stunning photos and insights into Shackleton's famous expedition from 1914 – 1917. Enjoy an inspiring talk alongside beautiful visuals on our big screen. Tea/Coffee and Cake are included.</p>	£3.50
Tuesday 23 June	1:30pm - 3pm	<p><b>Musical Bingo:</b> Brilliant music, and prizes. This month's theme is all about the classic 80 hits.</p>	£3.50
Thursday 25 June	10:30am - 12 noon	<p><b>Falls Prevention</b> Philip Mockett will join us in the cafe to talk to customers about Falls Prevention and reducing balance problems.</p>	Free

Thursday 25 June	2pm - 4pm	<b>Memory Café:</b> Is a warm and safe environment for adults living with dementia and their family or friend carers. Our cafés are a place to share experiences, connect with others and receive valuable support from peers, compassionate staff and dedicated volunteers. Together, we build a supportive community, enjoy engaging activities, as well as guest speakers and entertainers.	Free
Friday 26 June	10am - 12 noon	<b>JJ Fashions</b> JJ Fashions will be joining us in the café with their latest spring and summer range. Come along to browse their new seasonal styles. Items available to purchase on the day.	
Friday 26 June	10am - 12 noon	<b>Digital Support:</b> Sky will be running another Digital Support session in the café. Please bring your device (mobile phones, tablets, etc.) with you to the session.	Free

For more information on any of the above events and to book please contact:  
**01444 450248** or [midsussex@ageukwsbh.org.uk](mailto:midsussex@ageukwsbh.org.uk)  
**Lamb House, 2 Kleinwort Close, Haywards Heath, West Sussex, RH16 4XG**