

UPCOMING EVENTS AT THE HAYWARDS HEATH CENTRE SEPTEMBER 2026

<u>DATE</u>	<u>TIME</u>	<u>EVENT</u>	<u>COST</u>
Tuesday 1 st September AND Thursday 3 rd September	14:00 – 15:30	Curling Due to popular demand, we're offering two curling sessions this month. Emily will lead the session on Tuesday 1 st , while Jackie and David will host on Thursday 3 rd . Curling is a fun, social activity for all abilities no experience needed. Just bring your enthusiasm and a sense of humour. It's a great way to stay active, meet others and enjoy a laugh together.	£3.50
Tuesday 1 st September EVERY TUESDAY	11:45 – 12:30	Body Alignment Class Come and try our new low impact Body Alignment Class with Sophie starting on 1 st September. Combining slow, controlled movements, breathwork, and core-stabilizing poses. This is highly effective for correcting posture and stacking your joints safely without high-impact strain. The routines can be adapted to floor mats or seated options	FREE on 01st September £5.50 for sessions after
Friday 4 th September	13:30 – 15:00	Skittles in the Café Come along and enjoy an exciting afternoon of skittles with friends. We have space for up to 12 players so book your place early.	£3.50

Friday 4 th September	12:00 – 12:45	Pilates starts again every Friday after the Summer Break Pilates is a low-impact exercise designed to: • Strengthen your muscles • Improve flexibility • Enhance body alignment and posture	FREE on 04th September £5.50 for sessions after
Monday 7 th September	11:00 - 11:30	Mid Sussex Healthy Walks This is the final walk this year . Look out for dates again in April 2027 The Mid Sussex District Council, in partnership with Glendale, will be leading a Healthy Walk starting at 11:00 AM. 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.	FREE
Thursday 10 th September	10:30 – 12:00	Falls Prevention Lamb House is pleased to welcome Philip Mockett , who will speak with customers in the café about preventing falls and improving balance. It's a great chance to ask questions and share experiences.	FREE
Thursday 10 th September	13:30 - 15:00	Musical Bingo 🎵 🎵 We're excited to welcome you to our next Musical Bingo afternoon. Filled with laughter, brilliant music and prizes. This month's theme is all about the classic 60s , so get ready to sing along and enjoy some timeless hits.	£3.50

Thursday 10 th September	14:00 – 14:45	Tai Chi Classes Commencing in September at a new time, Kevin will be holding his popular Tai Chi Classes in the Activity Room. Tai Chi is an ideal low-impact exercise that combines deep breathing with slow, flowing movements, making it perfect for protecting joints while boosting balance and flexibility.	FREE on 10th September £5.50 for the following sessions
Tuesday 15 th September	10:30 – 13:30	Spanish Party Day 🇪🇸 Hola! Get ready to party Spanish-style. Enjoy a delicious two-course lunch, a fun quiz, and entertainment from the talented Josefa who will perform flamenco dancing.	£17.00
Thursday 17 th September	13:30 – 14:30	Speakers Corner 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	£3.50

Saturday 19 th September	13:30 – 15:00	Afternoon Tea Bring a friend and join us for a delightful Afternoon Tea. Enjoy a delicious selection of sandwiches, sweet treats, scones, and refreshments in great company. Limited availability – book early to avoid disappointment.	£16.00 Or £30 if booking for two
Monday 21 st September	12:00 – 13:00	Roast Dinner Lunch It's a Monday not a Sunday roast. Join us for a home-cooked roast followed by dessert. Call to reserve your place or book at Reception.	£9.00
Tuesday 22 nd September	13:30 - 15:00	Musical Bingo: We're excited to welcome you to another Musical Bingo afternoon this month. The theme is all about the classic 90s hits , so get ready to sing along and enjoy some timeless hits. 🎵 Prizes to be won.	£3.50

Wednesday 23 rd September	16:00 – 18:00	Bingo Fish and Chips Evening You've been asking and here it is. Join us for a fun-filled Bingo afternoon followed by a delicious fish and chips Supper. Prizes to be won.	£16.00
Thursday 24 th September	11:00 – 11:45	Sound Bath Taster Session Join us in the Café where Christine from Neo Soul will be offering a soothing Sound Bath session. Take some time for yourself, unwind and enjoy a calming restorative experience.	FREE
Thursday 24 th September	14:00 – 16:00	Memory Café: Is a warm and safe environment for adults living with dementia and their family, friends and carers. Our café is 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, and welcome guest speakers and entertainers to enhance your experience.	Free

Friday 25 th September	10.00 – 12.00	Digital Support: Sky will be running another Digital Support session at the café. Please bring your device (Mobile phones, Tablets etc.) with you to the session. Setting up the NHS App is a great example of how Sky has helped customers in the past.	Free
Sunday 27 th September	11:00 – 14:00	Sunday Roast Dinner & Quiz Join us for a delicious two course home-cooked Sunday roast. Bring a friend and enjoy a wonderful Sunday filled with great food, fun and friendship. • Quiz Starts: 11:00am • Lunch Served: 12:00pm • Event Finishes: 2:00pm	£16.00
Tuesday 29 th September	10:30 – 12:00	Fire Safety Awareness Join West Sussex Fire & Rescue Services for an informative talk. Learn how to keep yourself, your family and your home safe with expert fire safety advice. The team will be available to book FREE Home Safety Visits.	Free
For more information on any of the above events and to book please contact: 01444 450248 or midsussex@ageukwsbh.org.uk Lamb House, 2 Kleinwort Close, Haywards Heath, West Sussex, RH16 4XG			