

UPCOMING EVENTS AT THE HAYWARDS HEATH CENTRE AUGUST 2026

<u>DATE</u>	<u>TIME</u>	<u>EVENT</u>	<u>COST</u>
PLEASE NOTE: THE CAFÉ WILL BE CLOSED FROM 21ST TO 28TH AUGUST. LUNCH WILL <u>NOT</u> BE AVAILABLE DURING THIS PERIOD WHILE DECORATION WORKS ARE TAKING PLACE.			
MONDAYS IN JULY & AUGUST 	10:00 – 13:30	Cream Tea Mondays at Lamb House Bring a friend to Lamb House on a Monday and enjoy a traditional cream tea this summer. For just £6.50 per person, you'll receive: • Two freshly baked scones • Cream and jam • A tea or coffee	£6.50
Monday 03rd August	11:00am - 11:30am	Mid Sussex Healthy Walks The Mid Sussex District Council, in partnership with Glendale, will be leading a Healthy Walk on starting at 11:00am. 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 06 th August	14:00 – 15:00	Curling with Jackie & David: Come and try your hand at curling - a fun, social activity that's perfect 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 good laugh together.	£3.50
Tuesday 11 th August	13:30 - 15:00	Musical Bingo: We're excited to welcome you to our next Musical Bingo afternoon. There'll be lots of music and prizes. This month's theme is all about the classic 70s hits , so get ready to sing along and enjoy some timeless hits. 🎵	£3.50
Friday 21 st August to Wednesday 28 th August (INCLUSIVE)		The café will be closed on all dates due to decoration works taking place. Please note that classes held in the Activity Room WILL CONTINUE as normal during this period.	
Thursday 27 th August	14:00 – 16:00	Memory Café: 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, and welcome guest speakers and entertainers to enhance your experience.	Free

Friday 28 th August	10.00 – 12.00	Digital Support: 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 the Month of August		NO PILATES – due to the School Summer Break Mariella will not be in. Pilates will start again on Friday 04th September	
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			