



Cafe open hours:

09:00 - 15:00

Monday, Tuesday, Thursday & Friday

Lunch is served at 12 noon

Day	Time	Class	Price	Details
Monday	10.30 - 12.00	Art Club	£5.00	Fully Booked - New Project Starts April 2026
	12.00 - 12:30	Lunch - served at 12 noon	From £5.00	Age UK
	14.00 - 16.00	Acupuncture	Enquire for price	Marc call 07788696145
Tuesday	09:15 - 10:00	Chairobics	£5.50	Vanessa
	10:00 - 12:00	Knit and Natter	FREE	Age UK
	10:00 - 15:00	Chiropodist	£35.00	Michelle - Call to make an appointment
	10:15 - 11:00	Chairobics	£5.50	Vanessa
	11:45 - 12:30	Tai Chi	£5.50	Kevin
	12:00 - 12:30	Lunch- served at 12 noon	From £5.00	Age UK
	13.05 - 13.55	Stretch & Tone	£5.50	Rebecca
Wednesday	10:00 - 15:00	Daybreak Respite-PRE BOOK ONLY	Enquire for price	Age UK West Sussex, Brighton & Hove
Thursday	09:00 - 13:00	Hairdresser	Enquire for price	Jennie call 07565 345711
	12:00 - 12:30	Lunch- served at 12 noon	From £5.00	Age UK
	12:30 - 13:15	Chairobics	£5.50	Vanessa
	13:00 - 15:45	Reflexology, Massage or Reiki Healing	Enquire for price	Carly - call 07368 528108
	14:00 - 14:45	Tai Chi	£5.50	Kevin
Friday	10:00 - 14.00	Reflexology, Massage or Reiki Healing	Enquire for price	Carly - call 07368 528108
	10:00 - 10:45	Chairobics	£5.50	Vanessa
	11:00 - 11:45	Chairobics	£5.50	Vanessa
	12:00 - 12:30	Lunch- served at 12 noon	From £5.00	Age UK
	12.00 - 12.45	Pilates	£5.50	Mariella