



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	£2.50	Friendship Art Club
	12.00 - 12:30	Lunch - served at 12 noon	From £6.50	Age UK - Please book by 10:30am
Tuesday	09:15 - 10:00	Chairobics	£5.50	Vanessa
	09:15 - 15:15	Foot Health Practitioner	Enquire for price	Therapy Room - Booking required
	10:00 - 12:00	Knit and Natter	FREE	Age UK
	10:15 - 11:00	Chairobics	£5.50	Vanessa
	11:45 - 12:30	Body Alignment Class	£5.50	Sophie
	12:00 - 12:30	Lunch- served at 12 noon	From £6.50	Age UK - Please book by 10:30am
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 £6.50	Age UK - Please book by 10:30am
	12:30 - 13:15	Chairobics	£5.50	Vanessa
	14:00 - 14:45	Tai Chi - STARTS 10th September	£5.50	Kevin
Friday	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 £6.50	Age UK - Please book by 10:30am
	12.00 - 12.45	Pilates - STARTS 04th September	£5.50	Mariella