

# UPCOMING EVENTS AT THE HAYWARDS HEATH CENTRE OCTOBER 2025

<u>DATE</u>	<u>TIME</u>	<u>EVENT</u>	<u>COST</u>
Thursday 2 <sup>nd</sup> October	14.00 – 15.30	<b>Curling with Jackie &amp; David:</b> Give It a Go! 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. Why not give it a try?	£2.50
Friday 3 <sup>rd</sup> October	13.30 – 14.30	<b>Speakers Corner:</b> Join us at this month's Speakers' Corner where <b>South East Water</b> will be sharing practical advice and innovative devices to help you save water at home. Don't miss this opportunity to learn simple, effective ways to reduce water usage and make a positive environmental impact.	£2.50
Monday 6 <sup>th</sup> October	10.45 – 12.00	<b>Mid Sussex Healthy Walks:</b> We're excited to announce that Mid Sussex District Council, in partnership with Glendale, will be leading a Healthy Walk on Monday, 6 <sup>th</sup> October, starting at 11:00am. From Lamb House we'll be enjoying a lovely walk over Beachhurst, taking in the fresh air and beautiful surroundings. It's a great way to get active, meet others and boost your wellbeing.	Free
Monday 6 <sup>th</sup> October Monday 20 <sup>th</sup> October	10.00 – 12.00	<b>Creative Card Making:</b> Join us for a fun and relaxing card making session, perfect for all skill levels—whether you're a seasoned crafter or trying it for the first time. We'll provide all the materials you need and you'll leave with your own beautiful handmade creations to take home and enjoy. Come along, get crafty, and let your creativity shine!	£5.00

Monday 6 <sup>th</sup> October	10.30 – 13.00	<b>Older Person's Day:</b> We're marking Older Person's Day with a morning full of fun and laughter! Join us for a light-hearted quiz and a game of Guess Who, followed by a delicious roast dinner and a cheeky choc ice to finish. And that's not all—tea or coffee and a slice of cake are included too! It's a lovely way to celebrate, connect and enjoy some great company. We'd love to see you there!	£5.50
Tuesday 7 <sup>th</sup> October Tuesday 21 <sup>st</sup> October	14.00 – 14.30	<b>Chair Yoga with Hayley:</b> Gentle, relaxing and suitable for all abilities! Come along to stretch, breathe, and unwind—perfect for beginners and experienced yogis alike.	£2.50
Thursday 9 <sup>th</sup> October	13.30 – 14.30	<b>Speakers Corner:</b> We're thrilled to welcome the <b>Bluebell Railway</b> as they join us to deliver a fabulous talk on the rich history of their iconic trains and railway. Come along to discover stories from the past, learn about the heritage of steam travel, enjoy a journey through time with one of Sussex's most treasured attractions. Don't miss this engaging and nostalgic event!	£2.50
Friday 10 <sup>th</sup> October	13.00 – 14.00	<b>Karaoke &amp; Cake Afternoon:</b> Why not stick around for a fun-filled afternoon of cake and karaoke? The fabulous Beverly will be performing some great tracks and everyone's welcome to grab the mic for a singalong or hit the dance floor! Enjoy sweet treats, great music and plenty of laughs—it's the perfect way to spend the afternoon!	£2.50
Tuesday 14 <sup>th</sup> October	11.00 – 11.45	<b>High Sheriff Visit:</b> Tim is delighted to have been invited to visit Age UK's Lamb House and to speak to those who make use of their excellent facilities and support services.  He will be speaking about the history of the office of High Sheriff and explaining how it has developed into	Free

		the very busy role he is carrying out today.	
Tuesday 14 <sup>th</sup> October	14.00 – 15.30	<b>Musical Bingo:</b> Get ready for an afternoon of laughs, great music and prizes at our next Musical Bingo session! This month's theme is the 1950's, so expect toe-tapping tunes, rock 'n' roll vibes, and a whole lot of fun. Whether you're a bingo pro or just here for the music, it's guaranteed to be a fantastic time. Bring your friends and get ready to sing, dance and shout BINGO!	£2.50
Thursday 16 <sup>th</sup> October	13.30 – 14.30	<b>Speakers Corner:</b> We're delighted to welcome <b>Horsham Archaeology</b> for a fascinating talk as part of our Speakers' Corner. They'll be sharing insights from their fieldwork and research, uncovering stories from the past and shedding light on the rich archaeological heritage of our area.	£2.50
Friday 17 <sup>th</sup> October	10.00 – 12.00	<b>Pop up Shop:</b> We're excited to welcome <b>JJ Fashions</b> for a special pop-up shop, showcasing their autumn/winter clothing collection. Browse the latest seasonal styles and treat yourself to something new—items will be available to purchase on the day! Come along and update your wardrobe with some fabulous finds!	
Thursday 23 <sup>rd</sup> October	14.00 – 16.00	<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, and	

		welcome guest speakers and entertainers to enhance your experience.	
Friday 24 <sup>th</sup> October	10.00 – 12.00	<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. They will be focusing on: downloading and using the NHS App	Free
Monday 27 <sup>th</sup> October	12.00	<b>Roast Dinner:</b> Start your week with warmth and good company at our Meet Up Mondays! Enjoy a cosy roast dinner, followed by a cheeky choc ice, plus tea or coffee and a slice of cake—all included as part of our special offer. To keep things exciting, we'll be serving a different main meal each week, so there's always something new to look forward to! It's the perfect way to kick off the week with great food and friendly faces.	£5.50
Thursday 30 <sup>th</sup> October	11.00 – 12.00	<b>How to keep warm this winter:</b> Join us for a practical and informative session with Rebecca from <b>Community Energy Pathways</b> , who will be sharing energy-saving tips and advice on how to stay warm and comfortable during the colder months..	Free
Thursday 30 <sup>th</sup> October	13.30 – 14.30	<b>Speakers Corner: Great Women Scientists</b> We're delighted to welcome Dr Ian Goodall, who will be giving an engaging talk on the remarkable contributions of women in science throughout history. Come along to discover inspiring stories and learn more about who helped shape the scientific world.	
Friday 31 <sup>st</sup> October	10.30 – 13.30	<b>Halloween Party:</b> Get ready for a spooktacular time as we celebrate Halloween in style! We'll kick things off with a fancy dress competition and a spooky quiz to test your ghostly knowledge.	£15.50

		<p>After the games, tuck into a deliciously spooky lunch, then enjoy live entertainment from Graham to keep the party going!</p> <p> <b>Costumes encouraged—the best spooky outfit will win a prize!</b></p> <p> Plus, don't miss our raffle for a chance to win some fang-tastic goodies!</p>	
<p>For more information on any of the above events and to book please contact:</p> <p><b>01444 450248 or <a href="mailto:midsussex@ageukwsbh.org.uk">midsussex@ageukwsbh.org.uk</a></b></p> <p><b>Lamb House, 2 Kleinwort Close, Haywards Heath, West Sussex, RH16 4XG</b></p>			