## West Sussex, Brighton & Hove

## **Lamb House Haywards Heath**

01444 450248

midsussex@ageukwsbh.org.uk

Let's <u>change</u> how we age Lamb House, Kleinwort Close, Haywards Heath,

Cafe open hours: 09:00 - 15:00 Monday, Tuesday, Thursday & Friday Lunch is served at 12 noon

Monday         10.30 - 12.00         Art Club         £5.00         Age UK Enquire for dates           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         Vanesssa           10:00 - 15:00         Knit and Natter         FREE         Age UK           10:15 - 11:00         Chiropodist         £35.00         Michelle - Call to make an appointment           10:15 - 11:00         Chairobics         £5.50         Vanesssa           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 - 13:00         Paybreak Respite-PRE BOOK ONLY         Enquire for price         Age UK West Sussex, Brighton & Hove           Thursday         09:00 - 13:00         Hairdresser         Enquire for price         Enquire for price           10:30 - 12:00         Creative Craft         £6.50         Kirsty From Creation Station           12:00 - 12:30         Lunch - served at 12 noon </th <th>Day</th> <th>Time</th> <th>Class</th> <th>Price</th> <th>Details</th>	Day	Time	Class	Price	Details
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12.00 - 12.45 <b>Pilates</b> £5.50 Mariella - New Starts 9th January		12:00 - 12:30	Lunch- served at 12 noon	From £5.00	Age UK
		12.00 - 12.45	Pilates	£5.50	Mariella - New Starts 9th January
13.30 - 15.00 <b>Games Table</b> £2.50 Age UK		13.30 - 15.00	Games Table	£2.50	Age UK

Updated December 2025