






Lavinia House Timetable

Starting September 2023*

2438Monday	Tuesday	Wednesday	Thursday	Friday
We are closed to visitors/clients today.				
<p>10.00am-3.00pm Age UK West Sussex, Brighton & Hove Daybreak Respite</p> <p>Please contact us 07753 879 779 / 01903 792015 for more information or email dementia@ageukwsbh.org.uk</p> <p>The Daybreak respite service provides day support for people living with dementia, which includes stimulating/meaningful activities to promote confidence and social interaction. The service also provides much needed respite to carers. All refreshments and a two-course lunch provided.</p> <p>Pre-book only</p>	<p>11.00am – 11.40pm Chair Fitness with Sue £6</p> <p>No need to pre-book</p>	<p>10.00am – 4.00pm Ascot Care Day Club</p> <p>Runs every other week. This session is only hosted by Age UK West Sussex, Brighton & Hove.</p> <p>For more details, please contact Ascot Care direct 01403 218511 or visit ascotcare.com</p> <p><i>A valuable change of scenery for people with care needs. Socialise, share stories & make friends at the Ascot Care Day Club.</i></p> <p>Pre-book only</p>	<p>11.15am – 12.00pm Stretch & Tone (Together Fitness) £5</p> <p>Please contact Michelle on 07813 791098 or info.strongertogetherfitness.co.uk</p> <p>Pre-book only</p>	<p>11.00am- 1.30pm Friendship Fridays £13</p> <p>Please contact us 01403 260560 or email info-horsham@ageukwsbh.org.uk</p> <p>Pre-book only</p>
	 		<p>12.30 – 14.30</p> <p>Chatty Crochet £3</p> <p><i>All abilities welcome, includes a hot drink</i></p> <p>No need to pre-book</p>	