

## **Lavinia House Activity Schedule**

Updated 12/05/2022

		Opdated 12/05/2022-		
Tuesday	Wednesday	Thursday	Friday	
Lavinia House is open for the following sessions:		Lavinia House is open for the following sessions:  Please note Chatty Cafe is closed.		
11.00 - 11.40 Chair Fitness with Sue £5		11.15 - 12.00 Together Fitness Stretch & Tone		
Cafe Open 11.00 - 13.30 Chatty Cafe Hot Lunch	S	£5 13.00 - 14.30 All abilities welcome, includes a hot drink.		
13.45 - 1 4.30 Thai Chi inspired stretch class <b>Float &amp; Flow</b> £5	<b>Q</b>	Chatty Crochet £3		
Pulsos Causana Harabana Wast Cusasay DI 140 4 C7				

Dukes Square, Horsham, West Sussex. RH12 1GZ

Please pre-book at Lavinia House or email: info-horsham@ageukwsbh.org.uk

Registered office: Suite 2, Anchor Springs, Littlehampton BN17 6BP. Registered company number 04146487 and registered charity number 1086323