

# The Haywards Heath Centre



*For everyone in later life!*

*Fun, friend*

## Welcome to the Haywards Heath Centre

Our centres are vibrant places for people who love later life. There are great opportunities to socialise, learn new skills, keep active and enjoy delicious home-cooked lunches.

### Membership benefits you can enjoy

- Access to fitness, art and crafts and computer lessons.
- Great opportunities to keep active, including dance sessions, Tai Chi, chair aerobics and indoor bowling.
- Free use of computers and internet access.
- Regular themed lunches and social events.



### Optional extras for members

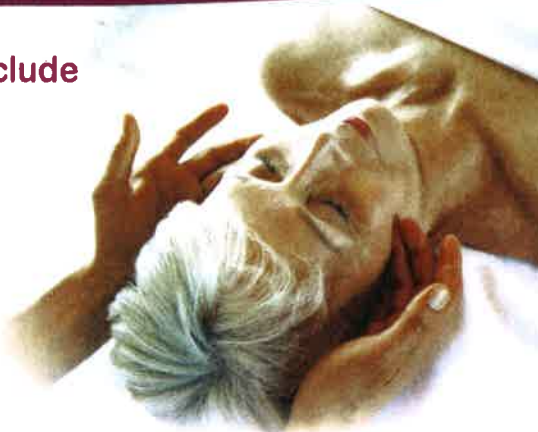
- Nutritious lunches and a selection of snacks available to eat in or take away - at exclusive member prices.
- Hairdressing, chiropody, acupuncture and massage. *(Prices vary according to treatment).*
- Door-to-door transport is available with our partner Bluebird Community Transport. Please call 01444 471919.

**Call us today: 01444 450248**

*ship, food ... and keep active too!*

### Activities and services include

Art, Computer lessons,  
Line dancing, Tai Chi,  
Chair aerobics, Flower craft,  
Spanish dance, Culture Club,  
Extend exercise, Bingo,  
Pilates, Yoga, Hairdressers,  
Chiropody, Acupuncture,  
Bathing, Massage Therapy,  
Manicures.



### Where is the Haywards Heath Centre?



We will be running all our usual fun, social activities and more as well as home-cooked lunch as usual 5 days week.

### Visit us at:

Age UK West Sussex,  
Haywards Heath  
Centre  
Hurst Place  
2, Kleinworld Close,  
Haywards Heath,  
RH16 4XG







### Looking for a venue?

For private functions, children's parties, fitness classes, business or networking, events and more, we have rooms available to hire at evenings and weekends.

**Please call 01444 450248.**

### Interested in volunteering?

We are always in need of volunteers to help us run our services and have a wide range of voluntary opportunities available. Please get in touch if you are interested.



### Please support us!

If you would like to help us by making a donation or legacy, we will use it to ensure that more older people benefit from our services. Visit the donation page of our website or give us a call on **01903 731800**.



**Love  
later  
life!**

**Age UK West Sussex,  
Haywards Heath Centre  
Hurst Place  
2, Kleinwort Close,  
Haywards Heath,  
RH16 4XG**

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**[www.ageukwestsussex.org.uk](http://www.ageukwestsussex.org.uk)**

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