

# What's on at the Leavesden Green Hub?



## Active Together – Thursdays, 10.30am - 12.15pm

Active Together is a 50+ exercise programme, offering older adults the opportunity to get active, meet new people and have fun in a range of fantastic tailored classes. The sessions include a warm up, a work out, and then a game of either badminton, short tennis or cricket. Try out a free taster session, then £5 each session. Contact Pat Purkiss at [papurkiss@gmail.com](mailto:papurkiss@gmail.com) or [roger.frost@beechcombers.co.uk](mailto:roger.frost@beechcombers.co.uk)

## Lighthouse cafe coffee morning – Mondays, 10am - 12pm (term-time only)

Come along to enjoy a coffee and slice of cake with friends – or you could make some new ones!



## Tai Chi – Saturdays, 11.15am - 12.45pm

Come along to relax, recharge and learn this ancient, moving meditation. All abilities are welcome. Contact Julie at [julie@leestyletaichi.co.uk](mailto:julie@leestyletaichi.co.uk) or **07958 777 026** for more information and bookings, or just drop by and give it a try!

## Tae Kwon Do – various classes and age ranges

Tae Kwon Do is a traditional Korean martial art that teaches self-defence and discipline. Find out more by calling **07930 368 240** or by emailing [leventistaylor65@sky.com](mailto:leventistaylor65@sky.com)



## Yoga with Steve – Sundays, 8am - 9am

Join Steve for a class suitable for all levels! Find out more by emailing [stephenaheath@ntlworld.com](mailto:stephenaheath@ntlworld.com) or by calling **07701 086 042**

## KliKs Dance Academy – Fridays, 4pm - 6.45pm

KliKs offer freestyle, street, lyrical and 'rock n roll' classes to children aged 4 and up. There is also the opportunity to do ISTD exams and competitions. The first class is free! Find out more by calling Kirsty on **07950 680 670** or emailing [info@kliks.co.uk](mailto:info@kliks.co.uk)

**KLIKS DANCE  
ACADEMY**

## Jimmy's Jackets – Wednesdays, 11am - 1pm

Come and join us for free jacket potatoes and refreshments! These sessions provide a safe space for members of the community to leave the house, have a hot meal and meet up with their friends, or even make new ones! Spaces are strictly limited - to book your place please email [CommunityHubs@wcht.org.uk](mailto:CommunityHubs@wcht.org.uk) or call **01923 679 664**.



## Little Blossom Nursery

For all enquiries, please contact **07939 948 237** or email [littleblossomnurseryleavesden@outlook.com](mailto:littleblossomnurseryleavesden@outlook.com)



## Strength and Balance classes – Fridays 11am - 11.45am (followed by refreshments until 12.30pm)

These are free classes run every Friday, designed for those wanting to improve their strength and balance while learning new exercises to maintain independence - just drop by and give it a try!

