

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 or 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 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



Yoga with Steve – Sundays, 8am - 9am

Join Steve for a class suitable for all levels! Find out more by emailing 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@klicks.co.uk

**KLIKS DANCE
ACADEMY**

Capri Drums

Feel the beat, discover your rhythm and drum like a pro! Start your journey today - call **07724 219 774** or email capridrums@gmail.com if you are interested. All levels welcome.



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 or call **01923 679 664**.



Little Blossom Nursery

For all enquiries, please contact **07939 948 237** or email littleblossomnurseryleavesden@outlook.com



BeeZee Families – Wednesdays, 5.30pm - 7.30pm

Free 12-week course for families to get active and learn about nutrition together to kickstart a healthier lifestyle. For more information, visit their website at www.beezee.co.uk

