

What's on at the Harebreaks Hub?



watford
community
housing



ZUMBA
GOLD

Zumba Gold – Mondays, 10.45am - 11.45am

Zumba Gold is perfect for active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity. Pay £7 on the door or £5 prepaid monthly – the first class is free! Text **07979 020 779** to book.

Watford Deaf Club – First and third Tuesday of the month (12pm - 4pm) and first Wednesday of the month (7.30pm - 10pm)

Watford Deaf Club meet to socialise and to share information, help and advice with other deaf members of the community. If you would like to find out more, search 'Watford Deaf Club' on Facebook.



The Dan Tien – Monday to Sunday – various times

The award-winning home of performing arts training in Watford, with classes for children aged 3 to 18. Find out more at www.thedantien.co.uk

Over 55s Aerobics Class – Thursdays, 10.45am - 11.45am

Keeping fit in later life is so beneficial – join this class to strengthen your muscles to reduce the risk of falls, stimulate your brain and make new friends! For more information, or to book your place, please contact Emma Breen on **07749 316 396**



Do you need a space for your family party, community group or big event?

We have a number of community hubs for hire, which act as flexible spaces for you to use, whatever the occasion.

Whether it's a meeting, a class or an activity, our halls and lounges can be hired at an affordable price.

Call: **01923 679 664**

Email: CommunityHubs@wcht.org.uk

Visit: www.wcht.org.uk/halls

