

Activities

MONDAY

Beachfront Walk, 10:30 am at the Lifeboat Museum

10:00 - £4.50 - Holiday French

10:30 - £7.00 - Let's Dance

11:45 - £6.00 - Seated Exercise

14:30 - £6.00 - Intermediate Ballet

TUESDAY

10:00 - £5.00 - Art

12:30 - £6.00 - Seated Pilates

13:30 - £free - Chess in the Café

14:00 - £6 - Seated Yoga

WEDNESDAY

Hampden Park Walk, 10:30 am at the Tea Chalet

10:15 - £6.00 - Beginners Tap

11:30 - £6.00 - Ballet

13:30 - £free - Scrabble in the Café

14:00 - £3.00 - Rainbow Group (Last Wednesday of the month)

THURSDAY

10:30 - £2.00 - Women's Friendship Circle (Every other week)

10:45 / 11:30 - £5.00 - Seated Pilates

14:00 - £10.00 - Fun Acting Workshop

FRIDAY

10:30 - £7.00 - Dancercise

11:45 - £4.50 - Current Affairs

12:00 - £6.00 - Middle Eastern & Classic Dance

13:00 & 14:00 - £10.00 - Strength & Balance Class

13:30 - £3.00 - The Venton Quiz (1st & 3rd Friday of the month)

Please note: Activities are subject to change and may occasionally be cancelled due to holidays or unforeseen circumstances. We recommend calling ahead to confirm availability before attending. This helps us ensure you have the best possible experience. Thank you for your understanding.

OCTOBER 2026

THE VENTON CENTRE, JUNCTION ROAD, EASTBOURNE, BN21 3QY

01323 638474 - ageconcerneastbourne.org.uk -
info@ageconcerneastbourne.co.uk

AGEconcern
Eastbourne

Services

MONDAY

£35 - Acupuncture

£35 - Ear Wax Removal Via Irrigation

TUESDAY

Bodywork treatments for relief of pain and stress

Massage/Myofascial release/Craniosacral therapy

£60 for a 60-minute appointment

£25 - Nail Care

WEDNESDAY

£25 - Nail Care

£38 - Podiatry (New clients £42 for first session)

£Various - Hair Salon

THURSDAY

£38 - Podiatry (New clients £42 for first session)

£25 - Nail Care

£various - Hair Salon

FRIDAY

£25 - Reiki

£various - Hair Salon

Day club - £various

Welfare Rights/Information & Advice - £free

Homecare (Personal Care, Cleaning and Shopping)- £various

All of these services are available only by appointment.

Please note: Our services are delivered by providers with varying rates. Due to high demand, some lower-cost services may be fully booked, and new clients may be allocated to providers with higher fees. We will always discuss available options with you before booking. Thank you for your understanding.

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