



# Activities

## MONDAY

*Beachfront Walk, 10:30 am at the Lifeboat Museum*

09:15 - £7.00 - Beginners Tai Chi

10:00 - £4.50 - Holiday French (Returning March 2026)

10:30 - £7.00 - Let's Dance

11:45 - £6.00 - Senior Seated Exercise

14:30 - £6.00 - Intermediate Ballet

JAN 2026

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.



## TUESDAY

10:00 - £5.00 - Art

12:30 - £5.00 - Seated Pilates

13:30 - £free - Chess in the Café

## 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 - £free - Choir

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

## THURSDAY

*(1st Thursday of each month) 10 am Tech Support from TechResort*

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

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

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

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

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# Services

## MONDAY

£Various - Podiatry

£30 - Acupuncture

£30 - Ear Wax Removal Via Irrigation

£Various - Hair Salon



## TUESDAY

JAN 2026

Hands-on treatments for relief of pain and stress

Massage/Myofascial release/Craniosacral therapy

£60 for 60 min appointment

£23 - Nail Care

£Various - Hair Salon

## WEDNESDAY

£23 - Nail Care

£35.50 - Chiropody

£Various - Hair Salon

## THURSDAY

£35.50 - Chiropody

£23 - 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

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.

All of these services are by booking only.

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