

The Laindon Activity Centre
 Aston Road
 Laindon
 Essex
 SS15 5NX



Tel: 01268 411753 Email: laindonactivitycentre@basildon.gov.uk Web: www.basildon.gov.uk/lac

The Laindon Activity Centre is a lively, friendly, and bustling daytime venue where the over 50's can meet and socialise close to the centre of Laindon.

Weekly Activities List 2024

MONDAY				
	Bowls	10:00 - 12:00	Sports Hall	£3.00
	Stretch & Relax	10:00 – 11:00	Room 2	£3.00
	Art	10:00 - 12:00	Room 1	£3.00
	Kalooki	10:00 – 12:00	Dining Room	£3.00
	Exercise for Arthritis	11:00 – 12:00	Room 2	£3.00
	Tai Chi	11:00 – 12:00	Function Room	£3.00
	Craft	12:00 - 14:00	Room 1	£3.00
	Seated Exercise	12:00 - 13:00	Function Room	£3.00
	Yoga	13:00 - 14:00	Room 2	£3.00
	Bridge	13:30 - 16:00	Dining Room	£3.00
	Sequence Dance	14:00 - 16:00	Room 2	£3.00
	Machine Knitting	14:00 - 16:00	Room 1	£3.00

TUESDAY				
	Knit & Natter	10:00 – 12:00	Room 1	£3.00
	Yoga/Pilates Fusion	10:00 – 11:00	Function Room	£3.00
	Line Dancing	11:00 - 12:00	Room 2	£3.00
	Aerobics	11:00 - 12:00	Function Room	£3.00
	Art	12:00 - 14:00	Room 1	£3.00
	Choir	12:00 – 14:00	Function Hall	£3.00
	Chair Yoga	12:00 – 13:00	Room 2	£3.00
	Pyrography	14:00 - 16:00	Room 2	£3.00
	Ballroom Dancing	14:00 - 16:00	Function Hall	£4.00
	Bowls	14:00 - 16:00	Sports Hall	£3.00
	Resin Flower Making	14:00 - 16:00	Dining Hall	£4.00
	Flower Arranging	14:00 - 16:00	Room 1	£3.00

WEDNESDAY				
	Art	10:00 - 12:00	Room 1	£3.00
	Bowls	10:00 - 12:00	Sports Hall	£3.00
	Darts	10:00 – 12:00	Bar	£3.00
	Line Dancing	10:00 - 11:00	Function Hall	£3.00
	Cribbage	10:00 – 12:00	Dining Hall	£3.00
	Fit Steps	11:00 - 12:00	Function Hall	£3.00
	Seated Exercise	12:00 – 13:00	Room 2	£3.00
	Exercise for Arthritis	13:00 – 14:00	Room 2	£3.00
	Zumba Gold	13:00 – 14:00	Sports Hall	£3.00
	Whist	13:30 - 16:00	Dining Hall	£3.00
	Keyboard	14:00 – 16:00	Room 2	£3.00
	Marquetry	14:00 - 16:00	Room 2	£3.00

THURSDAY				
	Computer Forum	10:00 - 12:00	Dining Room	£3.00

	Aerobics	10:00 – 11:00	Sports Hall	£3.00
	Chair Yoga	10:00 – 11:00	Room 2	£3.00
	Needlework	10:00 - 12:00	Room 1	£3.00
	Fit steps	11:00 – 12:00	Function Hall	£3.00
	Yoga	11:00 – 12:00	Room 2	£3.00
	Cardio	12:00- 13:00	Room 2	£3.00
	Bingo	13:30 - 16:00	Room 2	£3.00
	Craft	14:00 – 16:00	Room 1	£3.00
	Bowls	14:00 - 16:00	Sports Hall	£3.00

FRIDAY				
	Yoga / Pilates	9:15 – 10:00	Room 2	£3.00
	Craft	10:00 - 12:00	Room 1	£3.00
	Bowls	10:00 - 12:00	Sports Hall	£3.00
	Aerobics	10:15 – 11:00	Room 2	£3.00
	Pilates	11:00 – 12:00	Function Hall	£3.00
	Meditation	12:30 – 14:00	Room 2	£3.00
	Whist	13:30 - 16:00	Dining Hall	£3.00
	Art	14:00 – 16:00	Room 1	£3.00

Places on our Activity Sessions are limited - To check there is a place for you on any of our activity sessions, please contact the office on 01268 411753.

We also have a Walking Group that meet 2 or 3 times a week, weather permitting. Ask office for details.

George Hurd and Pitsea Activity Centre Members will be charged £1.00 extra per classes.