

The Pitsea Activity Centre

The Place

Northlands Pavement

Pitsea, Essex

SS13 3DU



Tel: 01268 205272 Email: pitseaactivitycentre@basildon.gov.uk Web: www.basildon.gov.uk/pac

The Pitsea Activity Centre is a lively, friendly and bustling daytime venue where the older generation can meet and socialise close to the centre of Pitsea.

Weekly activities list 2024

MONDAY	Zumba	10:00 - 10:45	Dining Hall	£3.00
	Flower Arranging	10:00 - 12:00	Craft Room	£3.00
	Latin Fever Aerobics	11:00 - 12:00	Dance Studio	£3.00
	Strollercise	11:30 - 12:15	Dining Hall	£3.00
	Knit & Knatter	13:00 - 15:00	Craft Room	£3.00
	Seated Keep Fit	13:30 - 14:30	Dining Hall	£3.00

TUESDAY	Art	10:00 - 12:00	Craft Room	£3.00
	Belly Dancing	10:00 - 11:00	Dining Hall	£3.00
	Mindfulness & Relaxation	10:00 - 11:00	Dance Studio	£3.00
	Bowls	10:00 - 13:00	Main Hall	£3.00
	Yoga	10:30 - 11:30	Rooms 3 & 4	£3.00
	Zumba	11:15 - 12:00	Dining Hall	£3.00
	Yoga	12:00 - 13:00	Rooms 3 & 4	£3.00
	Bingo	13:15 - 15:00	Dining Hall	£3.00

	Art	13:30 – 15:30	Craft Room	£3.00
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WEDNESDAY	Pottery	10:00 - 12:00	Craft Room	£3.00
	Yoga	12:00 - 13:00	Rooms 3 & 4	£3.00
	Seated Keep Fit	12:00-13:00	Dining Hall	£3.00
	Line Dancing	14:00 -15:00	Dining Hall	£3.00

THURSDAY	Zumba Gold	10:00 - 10:45	Dining Hall	£3.00
	Tap Dance	11:00 -12:00	Dining Hall	£3.00
	Bingo	13:15 -15:00	Dining Hall	£3.00

FRIDAY	Seated Keep Fit	11:15 -12:15	Dining Hall	£3.00
	Craft	13:00-15:00	Tea Bar Area	£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 205 272.