

What's on at the Harebreaks Hub?



St John Ambulance Watford and Bushey events service unit – Mondays 7pm

Volunteering is a great way to take part in local events. To find out more visit www.sja.org.uk

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 visit facebook.com/Watford-Deaf-Club-138047796225452/



Zumba Gold – Mondays and Tuesdays 10.30 - 11.30am

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 – first class free! Text **07979 020 779** to book.



Over 55s Aerobics Class – Thursdays 10.45 - 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**.



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



Kids Yoga with Yana – Mondays 4.15 to 5.15pm

For ages 4 to 10. Yoga improves flexibility and focus. It also helps with anxiety and worries. To find out more contact Yana on **07857 421 111** or kociova.jana@gmail.com

