

# The Laindon Activity Centre

Aston Road

Laindon

Essex

SS15 5NX



Tel: 01268 208202 Email: [laindonactivitycentre@basildon.gov.uk](mailto:laindonactivitycentre@basildon.gov.uk) Web: [www.basildon.gov.uk/lac](http://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 2025

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
	Jive & Stroll	14:00 - 16:00	Function Room	£3.00
	Machine Knitting	14:00 - 16:00	Room 1	£3.00

<b>TUESDAY</b>				
	Knit & Natter	10:00 – 12:00	Dining Room	£3.00
	Croquet	10:00 – 11:00	Room 2	£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
<b>Class Full</b>	Chair Yoga	12:00 – 13:00	Room 2	£3.00
	Chair Pilates	13:00 – 14:00	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	£3.00
	Flower Arranging	14:00 - 16:00	Room 1	£3.00

<b>WEDNESDAY</b>				
	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
	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 1	£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
<b>Class Full</b>	Chair Yoga	10:00 – 11:00	Room 2	£3.00
	Dressmaking	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
	Board Games	13:00 – 16:00	Dining Room	£3.00
	Bingo	13:30 - 16:00	Room 2	£3.00
	Model Making	14:00 – 16:00	Dining Room	£3.00
	Bowls	14:00 - 16:00	Sports Hall	£3.00

FRIDAY				
	Yoga / Pilates	9:15 – 10:00	Room 2	£3.00
	Aerobics	10:00 – 11:00	Room 2	£3.00
	Exercise for Arthritis	11:00 – 12:00	Room 2	£3.00
	Bowls	10:00 - 12:00	Sports Hall	£3.00
	Pilates	11:00 – 12:00	Function Hall	£3.00
	Meditation	12:30 – 13:30	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.**