

# Health and Wellbeing Activities

Stay social and active with our range of Health & Wellbeing activities and groups, specially designed for over 55s.



**Advanced  
Booking  
Required**



**01202 530530**



**[enquiries@ageukbped.org.uk](mailto:enquiries@ageukbped.org.uk)**

## June 2026 Activities Timetable

Activity Name	Day and Time	Please tick	Venue	Cost (Monthly unless stated)
<b>Pub Clubs</b>	Tuesday 2 <sup>nd</sup> June AM-PM –		<b>The Walkford Pub, Walkford</b>	Regular mains from £11.45 Smaller Appetites From £7.95 Transport £12 Service Charge may apply
	Thursday 4 <sup>th</sup> June AM – PM		<b>The Carpenters Arms, Bransgore</b>	Regular mains from £15.00 Lighter lunches from £8.00 Transport £12 Service Charge may apply
	Tuesday 9 <sup>th</sup> June AM – PM		<b>The Burley Inn Burley</b>	Regular mains from £15.95 Lighter lunches from £9.45 Transport £12 Service Charge may apply
	Thursday 11 <sup>th</sup> June AM - PM		<b>The Wheatsheaf Inn, New Milton</b>	Senior Carvery Menu only £10.00 Service Charge may apply Transport £12
	Tuesday 16 <sup>th</sup> June (1 bus only) AM-PM		<b>Mystery Lunch, Bournemouth.</b>  <b>Clue: Helping us to help you ♥</b>	Lunch from £10.00 Service Charge may apply Transport £12
	Thursday 18 <sup>th</sup> June AM-PM		<b>Inn in the Park, Branksome</b>	2 Course Set Lunch Menu £17.00 Service Charge may apply Transport £12
	Tuesday 23 <sup>rd</sup> June AM-PM		<b>Day trip to Swanage, bring a picnic lunch.</b> ..... <b>Arrive 2:15pm</b> <b>The Barn Café for a light snack or Pre-order a Cream Tea</b>	Cream Tea £8.95 Light bites & cakes from £3.95 Service Charge may apply Transport £12

<b>Pub Club</b>	Thursday 25 <sup>th</sup> June AM-PM		<b>The Dorset Soldier, Corfe Mullen</b>	2 Course Lunchtime Meal Deal £11.00 Regular mains from £9.95 Service Charge may apply Transport £12
	Tuesday 30 <sup>th</sup> June AM-PM		<b>The Lion &amp; Lamb, Pennington (Pre - order Only)</b>	2 Course Set Menu £20.00 Service Charge may apply Transport £12
<b>Gentle Yoga</b>	Monday 1st June 1:30pm – 3pm		<b>Moordown Community Centre</b>	£45 for 5 sessions
	Monday 8 <sup>th</sup> June 1:30pm – 3pm			
	Monday 15 <sup>th</sup> June 1.30- 3pm			
	Monday 22 <sup>nd</sup> June 1.30- 3pm			
	Monday 29 <sup>th</sup> June 1.30- 3pm			
<b>Energetic Walking Group</b>	Two Tuesdays – dates TBC, Waiting List only		<b>Various locations – confirmed upon booking</b>	£17 annual
<b>Seated Exercise</b>	Wednesday 3 <sup>rd</sup> June 1.15- 2.15pm		<b>Canford Cliffs Village Hall</b>	£24 for 3 sessions
	Wednesday 3 <sup>rd</sup> June 2.45- 3.45pm			
	Wednesday 10 <sup>th</sup> June 1.15- 2.15pm			
	Wednesday 10 <sup>th</sup> June 2.45- 3.45pm			
	<b>Wednesday 17<sup>th</sup> June (No Class 1.15- 2.15pm</b>			
	<b>Wednesday 17<sup>th</sup> June (No Class 2.45- 3.45pm</b>			
	Wednesday 24 <sup>th</sup> June 1.15 -2.15pm			
	Wednesday 24 <sup>th</sup> June 2.45- 3.45pm			

<b>Be Balanced</b>	Thursday 4 <sup>th</sup> June 2.15 – 3.15pm		<b>Canford Cliffs Village Hall</b>	£32 for 4 sessions
	Thursday 11 <sup>th</sup> June 2.15 – 3.15pm			
	Thursday 18 <sup>th</sup> June 2.15pm – 3.15pm			
	Thursday 25 <sup>th</sup> June 2.15pm – 3.15pm			
<b>Gentle Yoga</b>	Friday 5 <sup>th</sup> June 10am – 11:30am			
	Friday 12 <sup>th</sup> June 10am – 11:30am		<b>Moordown Community Centre</b>	£36 for 4 sessions
	Friday 19 <sup>th</sup> June 10m – 11:30am			
	Friday 26 <sup>th</sup> June 10am – 11:30am			
<b>Memory Club</b>	Monday 1 <sup>st</sup> June 10am – 12pm			
	Monday 8 <sup>th</sup> June 10am – 12pm		<b>Poole</b>	£40 for 5 Sessions
	Monday 15 <sup>th</sup> June 10am – 12pm			
	Monday 22 <sup>nd</sup> June 10am – 12pm			
	Monday 29 <sup>th</sup> June 10am – 12pm			
	Monday 1 <sup>st</sup> June 10am – 12pm		<b>Christchurch</b>	£40 for 5 Sessions
	Monday 8 <sup>th</sup> June 10am – 12pm			
	Monday 15 <sup>th</sup> June 10am – 12pm			
	Monday 22 <sup>nd</sup> June 10am – 12pm			
	Monday 29 <sup>th</sup> June 10am – 12pm			

<b>Memory Club</b>					
	Tuesday 2 <sup>nd</sup> June 10am-12pm		<b>Charminster</b>	£40 for 5 Sessions	
	Tuesday 9 <sup>th</sup> June 10am-12pm				
	Tuesday 16 <sup>th</sup> June 10am -12pm				
	Tuesday 23 <sup>rd</sup> June 10am- 12pm				
	Tuesday 30 <sup>th</sup> June 10am- 12pm				
	Wednesday 3 <sup>rd</sup> June 10am – 12pm		<b>Ferndown</b>	£32 for 4 sessions	
	Wednesday 10 <sup>th</sup> June 10am – 12pm				
	Wednesday 17 <sup>th</sup> June 10am – 12pm				
	Wednesday 24 <sup>th</sup> June 10am-12pm				
	Wednesday 3 <sup>rd</sup> June 1.45 – 3.45pm		<b>Poole</b>	£28 for 4 sessions	
	Wednesday 10 <sup>th</sup> June 1.45 – 3.45pm				
Wednesday 17 <sup>th</sup> June 1.45 – 3.45pm					
Wednesday 24 <sup>th</sup> June 1.45 – 3.45pm					

### Course Information

- Course/ outings costs need to be paid a month in advance.
- Please note that the fees for our pubs clubs does not include your meal, this is to be purchased separately.
- Please ensure that you enrol in good time, as places are on a first come, first served basis. Course/ outing fees are to be paid a month in advance, they are non-refundable and non-transferable. In exceptional circumstances fees may be refunded.
- It is your responsibility to phone and book onto our classes/ outings, we can assist you to book on courses/ outings and assist you to pay fees over the phone. Please contact our offices on 01202 530530. Please do not arrive at our venues unless you have booked and paid for classes. Please do not turn up at classes/outings with payments as class facilitators are not able to take payments.
- Unfortunately, our pub clubs are not suitable for those that use walking aids (except walking sticks). Please complete the medical consent form attached. Chair Yoga allows you to perform yoga poses while seated or using a chair for balance. Chair-based yoga offers the same benefits as traditional yoga, like boosting strength, flexibility, and mental well-being.