

Dore and Totley people keeping well activity timetable
July-September 2019

Activity/Group	Location	Time/Day	Extra Info
Exercise To Music Class	Dore and Totley United Reformed Church	Mondays 2pm-3pm + Coffee	No booking required * Door to door Transport now available numbers permitting*
Body Conditioning Class	Dore and Totley United Reformed Church	Thursdays 2.30pm-3.30pm +Coffee	No booking required
Sporting Chatter	Totley Library	Every other Friday 10.00am-12.00pm June 21 st , July 5 th , 19 th , August 2 nd , 16 th , 30 th , September 13 th , 27 th	No booking required
Sporting Chatter Cinema (Sport docs and films)	Totley Library	Every other Thursday morning- Start date to be confirmed	No booking required
Table Tennis	Bradway Community Hall	Thursdays 3pm-5pm and Fridays 7pm-9pm	No booking required
'Write Your Story' Sessions run by published author Jude Brown	Fairthorn Retirement Apartments, Townhead Road, Dore	Start Date –To be confirmed	Booking required * Door to door transport now available numbers permitting*

<p>NEW-Community Wellness Service 'Back to Sport' programme (6 weeks of taster walking sports) £5 per session</p>	<p>Abbeydale Sports Centre – Gym section</p>	<p>Fridays 12.30pm-1.30pm Starting Friday 28th of June 2019</p>	<p>Booking Required</p>
<p>NEW- Community Wellness Service Boxing Class £5 per session</p>	<p>Dore Church Hall - Main Hall</p>	<p>Wednesdays 10-30am-11.30am Starting 3rd of July</p>	<p>No booking required</p>
<p>NEW- Totley Outdoor Task Force</p> <p>Including Totley Library Gardening and Litter Picking in Dore and Totley</p>	<p>Totley: Totley Library</p> <p>Dore: King Egbert School</p> <p>Library Gardening: Totley Library</p>	<p>Various dates throughout the year</p>	<p>Please contact Joanna Glaves as to how to book onto sessions – it's very easy and quick to do</p>
<p>Rosemary Memory Cafes for anyone suffering with memory loss and their carers and families</p>	<p>Dore: Dore Methodist Church Hall on Savage Lane.</p> <p>Totley: All Saints Totley Church Hall on Totley Hall Lane.</p>	<p>Dore: Fortnightly on the first and the third Tuesdays of each month 2-4pm</p> <p>Totley: Fortnightly, on the second and fourth Tuesday of each month 2-4pm</p>	<p>Everyone is welcome and the sessions are free to attend, but there will be a small charge for refreshments (£1 per person).</p> <p>Door to Door Transport available numbers permitting: Booking Required</p>

For all queries and bookings, please call 0114 250 2850 or email Joanna at joanna.glaves@ageuksheffield.org.uk

Please note: All ages, abilities and mobility's welcome!