

April 2026 Activities Timetable

Activity	Day and Time	Please tick	Venue	Cost (Monthly unless stated)
Pub Clubs				
	Thursday 2 nd April AM- PM		Miller & Carter Steak House, Poole	Fixed – Price Lunch Menu 2 Courses from £19.95 -Service Charge may apply - Transport £12.00
	Tuesday 7 th April AM – PM		The Churchill Arms, Fordingbridge (1 bus only)	Regular mains from £14.75/Brunch from £8.95/ Lite Bites from £6.50 - Service Charge may apply - Transport £12.00
	Thursday 9 th April AM – PM		The Royal Oak, Blandford Forum	Regular mains from £14.50/ Lite Bites from £8.00 - Service Charge may apply - Transport £12.00
	Tuesday 14 th April AM – PM		The Kings Head, Wimborne	Senior Lunch Menu available & regular mains from £13.25- Service Charge may apply - Transport £12.00
	Thursday 16 th April AM – PM		The Queens Head, Burley	Regular mains from £13.50/ Lite Bites from £8.50 - Service Charge may apply - Transport £12.00
	Tuesday 21 st April AM – PM		Last Lunch Visit The Charlton Inn, near Blandford	Regular mains from £13.95 or small appetites from £10.50 - Service Charge may apply - Transport £12.00
	Thursday 23 rd April AM – PM		(Brand New) The Oaks , Highcliffe	Regular mains from £14.95 or 2 courses (marked *) for £18.50 - Service Charge may apply - Transport £12.00
	Tuesday 28 th April AM – PM		The Hare & Hounds, Sway	Regular mains from £12.95/ Lite Bites from £8.95 - Service Charge
	Thursday 30 th April AM – PM		The Smugglers Inn, Milford on Sea	Regular mains from £14.95/Small Appetites from £11.95 Service Charge may apply - Transport Fee £12.00

Gentle Yoga			Moordown Community Centre	£27 for 3 sessions
	Monday 6 th April No class			
	Monday 13 th April 1:30pm – 3pm			
	Monday 20 th April 1:30pm – 3pm			
	Monday 27 th April 1:30pm – 3pm			
Energetic Walking Group	Two Tuesdays – dates TBC, Wait list only		Various locations –	£17 annual
Seated Exercise	Wednesday 1 st April 1.15-2.15pm		Canford Cliffs Village Hall	£40 for 5 sessions
	Wednesday 1 st April 2.45-3.45pm			
	Wednesday 8 th April 1.15-2.15pm			
	Wednesday 8 th April 2.45-3.45pm			
	Wednesday 15 th April 1.15-2.15pm			
	Wednesday 15 th April 2.45- 3.45pm			
	Wednesday 22 nd April 1.15- 2.15pm			
	Wednesday 22 nd April 1.15- 2.15pm			
	Wednesday 29 th April 1.15-2.15pm			
Wednesday 29 th April 2.45-3.45pm				

Gentle Yoga	Friday 3rd April No Class		Moordown Community Centre	£27 for 3 sessions
	Friday 10 th April 10am – 11:30am			
	Friday 17 th April 10am – 11:30am			
	Friday 24 th April 10am – 11:30am			
Memory Club	Monday 13 th April 10am – 12pm		Poole	£24 for 3 sessions
	Monday 20 th April 10am – 12pm			
	Monday 27 th April 10am – 12pm			
Memory Club	Monday 13 th April 10am – 12pm		Christchurch	£24 for 3 sessions
	Monday 20 th April 10am – 12pm			
	Monday 27 th April 10am – 12pm			
	Tuesday 7 th April 10am – 12pm		Charminster	£32 for 4 sessions
	Tuesday 14 th April 10am – 12pm			
	Tuesday 21 st April 10am – 12pm			
	Tuesday 28 th April 10am – 12pm			
	Wednesday 1 st April 1:45pm – 3:45pm		Poole	£40 for 5 sessions
Wednesday 8 th April 1:45pm – 3:45pm				
Wednesday 15 th April 1:45pm – 3:45pm				
Wednesday 22 nd April 1:45pm – 3:45pm				
Wednesday 29 th April 1:45pm – 3:45pm				

Memory Club	Wednesday 1st April 10am – 12pm		Ferndown	£40 for 5 sessions
	Wednesday 8 th April 10am – 12pm			
	Wednesday 15 th April March 10am – 12pm			
	Wednesday 22 nd April 10am – 12pm			
	Wednesday 29 th April 10am – 12pm			

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.
- Seated Chair Exercise classes allow you to perform exercises whilst 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.