

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

Age UK Bournemouth, Poole and East Dorset is a trading name of Age Concern Bournemouth which is a registered charity number 1113294 and a company limited by guarantee registered in England and Wales number 5401464. Registered office: 700 Wimborne Road, Bournemouth, Dorset BH9 2EG.

August 2026 Activities Timetable

Please note that due to staff absences we will be running the pub clubs on Thursdays only. To avoid disappointment please call on 01202 530530 or email me on jacquie.cooney@ageukbped.org.uk

Please note that our phone lines are open Monday- Thursday 930-345pm

Due to the cost of fuel we have had to slightly increase the cost of transport from 6th August, we apologise for any inconvenience this may cause you

Full Name.....

Postcode.....

Activity	Day and Time	Please Tick	Venue	Cost (monthly unless stated)
PUB CLUBS	Thursday 6 th August AM – PM		The Hare & Hounds, Sway	Smaller/Regular mains from £12.95/£14.95 Lighter appetites from £9.95 - Service Charge may apply. - Transport £14.00
	Thursday 13 th August AM – PM		The Fisherman's Haunt, Winkton	2 Course Set lunch Menu £17.00 - Service Charge may apply. - Transport £14.00
	Thursday 20 th August AM – PM		The Green Man, Wimborne	Regular mains from £11.95/ Light Bites from £5.50 - Service Charge may apply - Transport £14.00
	Thursday 27 th August AM – PM		The Churchill Arms, Alderholt	New – Special Set Lunch Menu available (exclusive to us!) 2 Courses £17.50 3 Courses £20.00 - Service Charge may apply - Transport £14.00

New Seated Balance Exercise Class	Date/time to be confirmed		Coming soon to Southbourne/Christchurch area	Phone 01202 530530 to register your interest
GENTLE YOGA	Monday 3 rd August 1:30 – 3pm Monday 10 th August 1:30 -3pm Monday 17 th August 1:30 – 3pm Monday 24 th August 1:30 – 3pm Monday 31 st August No Class		Moordown Community Centre	£36 for 4 sessions
ENERGETIC WALKING GROUP	Two Tuesdays – Dates TBC Waiting List Only		Various Locations	£17.00 Annual Fee
SEATED EXERCISE	Wednesday 5 th August Class: 1:15 - 2:15pm Class 2:45 – 3:45pm Wednesday 12 th August Class: 1:15 - 2:15pm Class 2:45 – 3:45pm Wednesday 19 th August Class: 1:15 - 2:15pm Class 2:45 – 3:45pm Wednesday 26 th August Class: 1:15 - 2:15pm Class 2:45 – 3:45pm		Canford Cliffs Village Hall	£32.00 for 4 sessions

BE BALANCED EXERCISE CLASS	Thursday 6th August No Class Thursday 13th August 2:15-3:15pm Thursday 20th August 2:15-3:15pm Thursday 27th August No Class		Canford Cliffs Village Hall	£16.00 for 2 sessions
GENTLE YOGA	Friday 7th August 10:00-11:30am Friday 14th August 10:00- 11:30am Friday 21st August 10:00-11:30am Friday 28th August 10:00-11:30am		Moordown Community Centre	£36 – for 4 sessions
MEMORY CLUB	Monday 3rd August 10:00-12:00pm Monday 10th August 10:00-12:00pm Monday 17th August 10:00-12:00pm Monday 24th August 10:00-12:00pm Monday 31st August No Class		Poole	£32 – 4 sessions
MEMORY CLUB	Monday 3rd August 10:00-12:00pm Monday 10th August 10:00-12:00pm Monday 17th August 10:00-12:00pm Monday 24th August 10:00-12:00pm Monday 31st August No Class		Christchurch	£32 – 4 sessions

MEMORY CLUB	Tuesday 4th August 10:00-12:00pm Tuesday 11th August 10:00-12:00pm Tuesday 18th August 10:00-12:00pm Tuesday 25th August 10:00-12:00pm		Charminster	£32 – 4 sessions
MEMORY CLUB	Wednesday 5th August 10:00-12:00pm Wednesday 12th August 10:00-12:00pm Wednesday 19th August 10:00-12:00pm Wednesday 26th August 10:00-12:00pm		Ferndown	£32 – 4 sessions
MEMORY CLUB	Wednesday 5th August 13:45-15:45pm Wednesday 12th August 13:45-15:45pm Wednesday 19th August 13:45-15:45pm Wednesday 26th August 13:45-15:45pm		Poole	£32 – 4 sessions