** August/September 2025 Activities Timetable**

**Full Name: …………………………………………. Postcode: ………………………………….**

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| **Activity** | **Day and Time**  | **Please tick** | **Venue** | **Cost****(Monthly unless stated)**  |
|  | **Tuesday 5th August****AM-PM –**  |  | The Cross keys Inn, Holton Heath  | Set Lunch menu from £14.00Lighter lunches from £8.95Service Charge may apply Plus £12 for Transport (weekly) |
| **Thursday 7th August AM – PM**  |  | The Toby Carvery, Poole  | Carvery Lunch £11.29Lighter lunches from £6.49Service Charge may apply Plus £12 for Transport (weekly) |
| **Tuesday 12th August AM – PM** |  | The Kings Head, Wimborne  | Senior 2 course menu from £12.75 Regular mains from £12.95Service Charge may apply Plus £12 for Transport (weekly) |
| **Thursday 14th August****AM - PM** |  | The Royal Oak, Blandford  | Lighter lunches from £9.50Regular mains from £15.50Service Charge may apply Plus £12 for Transport (weekly) |
| **Tuesday 19th August** **AM-PM** |  | Inn in the Park, Branksome  | Two Courses £16.00Smaller Appetites from £10.00Service Charge may apply Plus £12 for Transport (weekly) |
| **Thursday 21st August** **AM-PM** |  | The Dorset Soldier, Corfe Mullen,  | Lunchtime – 2 Courses £10.00Lighter lunches from £5.00Service Charge may apply Plus £12 for Transport (weekly) |
| **Tuesday 26th August** **AM-PM** |  | The Churchill Arms, near Fordingbridge  | Lighter lunches from £6.75Regular mains from £11.95Service Charge may apply Plus £12 for Transport (weekly)  |
|  | **Thursday 28th August****AM-PM** |  | The Queens Head, Burley  | Lighter lunches from £8.50Regular mains from £13.25Service Charge may apply Plus £12 for Transport (weekly) |
|  | **Tuesday 2nd September** **AM-PM** |  | The Botany Bay Inne, Blandford  | Lighter lunches from £8.50Regular mains from £14.95Service Charge may apply Plus £12 for Transport (weekly) |
|  | **Thursday 4th September****AM-PM** |  | The Countryman Inn, East Knighton  | Lunch and a drink for £12.00Service Charge may apply Plus £12 for Transport (weekly)  |
|  | **Tuesday 9th September****AM-PM** |  | The Wheatsheaf Inn, New Milton  | Carvery Lunch only £10.00Service Charge may apply Plus £12 for Transport (weekly) |
|  | **Thursday 11th September AM-PM** |  | The Carpenters Arms, Burley  | Lighter lunches from £8.00Regular mains from £13.00Service Charge may apply Plus £12 for Transport (weekly) |
|  | **Tuesday 16th September****AM-PM** |  | The Walkford Pub, Christchurch  | Lighter lunches from £8.00Regular mains from £12.29Service Charge may apply Plus £12 for Transport (weekly) |
|  | **Thursday 18th September AM-PM** |  | The Hare & Hounds, Sway  | Lighter lunches from £8.95Regular mains from £13.95Service Charge may apply Plus £12 for Transport (weekly) |
|  | **Tuesday 23rd September****AM-PM** |  | Franco’s Italian Restaurant, Broadstone  | Pasta from £11.95Chicken dishes from £17.95 Service Charge may apply Plus £12 for Transport (weekly) |
|  | **Thursday 25th September AM-PM** |  | The Ship Inn, Fordingbridge  | Senior 2 course menu £13.25Service Charge may apply Plus £12 for Transport (weekly) |
|  | **Tuesday 30th September****AM-PM** |  | Holme for Gardens, Wareham (1 bus only)   | Lighter lunches from £6.89Regular mains from £11.99Service Charge may apply Plus £12 for Transport (weekly) |

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| **Combined Gentle Yoga & Chair Yoga\*** |  |  | **Moordown Community** **Centre** | August - £21 for 3 sessionsSeptember - £21 for 3 sessions |
| Monday 4th August1:30pm – 3pm |  |
| Monday 11th August 1:30pm – 3pm  |  |
| Monday 18th August 1:30pm – 3pm |  |
|  |  |
| Monday 15th September1:30pm - 3pm |  |
| Monday 22nd September 1:30pm – 3pm |  |
| Monday 29th September 1:30pm – 3pm |  |
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| **Energetic Walking Group** | Two Tuesdays – dates TBC, further info upon booking |  | **Various locations – confirmed upon booking** | £15 annual |
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| **Seated Exercise**  | Wednesday 6th August1.15-2.15pm |  | **Canford Cliffs Village Hall** | August - £28 for 4 sessions September - £14 for 2 sessions |
| Wednesday 6th August 2.45-3.45pm |  |
| Wednesday 13th August 1.15-2.15pm |  |
| Wednesday 13th August 2.45-3.45pm |  |
| Wednesday 20th August 1.15-2.15pm |  |
| Wednesday 20th August 2.45- 3.45pm |  |
| Wednesday 27th August 1.15-2.15pm |  |
| Wednesday 27th August 2.45- 3.45pm |  |
|  |  |
| Wednesday 3rd September 1.15 -2.15pm |  |
| Wednesday 3rd September 2.45- 3.45pm |  |
| Wednesday 17th September 1.15 -2.15pm |  |
| Wednesday 17th September 2.45- 3.45pm |  |
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| **Gentle** **Yoga** | Friday 1st August10am – 11:30am |  | **Moordown Community** **Centre** | August - £28 for 4 sessions |
| Friday 8th August 10am – 11:30am |  |
| Friday 15th August10am – 11:30am |  |
|  | Friday 22nd August10am – 11:30am |  |  |
|  | Friday 19th September10am – 11:30am |  | September - £14 for 2 sessions |
|  | Friday 26th September 10am – 11:30am |  |  |
|  |  |  |  |  |
| **Memory Club** | Tuesday 5th August 9:45am –11:45am |  | **Canford Cliffs** | August - £28 for 4 sessions |
| Tuesday 12th August 9:45am –11:45am |
| Tuesday 19th August 9:45am –11:45am |
| Tuesday 26th August 9:45am –11:45am |
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| **Memory Club** **Memory Club****Memory****Club** | Tuesday 5th August 9:45am –11:45am |  | **Charminster** | August - £28 for 4 sessions |
| Tuesday 12th August 9:45am –11:45am |
| Tuesday 19th August 9:45am –11:45am |
| Tuesday 26th August 9:45am –11:45am |
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| Tuesday 2nd September 10am- 12pm |  | **Charminster** | September - £35 for 5 sessions |
| Tuesday 9th September 10am- 12pm |  |  |  |
| Tuesday 16th September 10am- 12pm |  |  |  |
| Tuesday 23rd September 10am- 12pm |  |  |  |
| Tuesday 30th September 10am- 12pm |  |  |  |
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| Wednesday 6th August1:45pm – 3:45pm  |  | **Poole****Poole** |  |
| Wednesday 13th August 1:45pm – 3:45pm |  |  |
| Wednesday 20th August 1:45pm – 3:45pm |  | August - £28 for 4 sessions |
| Wednesday 27th August 1:45pm – 3:45pm |  |  |
| Wednesday 3rd September 1:45pm – 3:45pm |  |  |
| Wednesday 10th September 1:45pm – 3:45pm |  | September - £28 for 4 sessions |
| Wednesday 17th September 1:45pm – 3:45pm |  |  |
| Wednesday 24th September 1:45pm – 3:45pm |  |  |
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| Wednesday 6th August 10am – 12pm |  | **Ferndown** | August - £28 for 4 sessionsSeptember - £28 for 4 sessions  |
| Wednesday 13th August 10am – 12pm |
| Wednesday 20th August 10am – 12pm |
| Wednesday 27th August 10am – 12pm |
|  |
| Wednesday 3rd September 10am – 12pm |
| Wednesday 10th September 10am – 12pm |
| Wednesday 17th September 10am – 12pm |
| Wednesday 24th September 10am – 12pm |
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| Monday 4th August 10am – 12pm |  | **Poole** | August- £21 for 3 sessions |
| Monday 11th August 10am – 12pm |
| Monday 18th August 10am – 12pm |
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| Monday 1st September 10am – 12pm |  |  |  |
| Monday 8th September 10am – 12pm |  | **Poole** | September - £35 for 5 sessions |
| Monday 15th September 10am – 12pm |  |  |  |
| Monday 22nd September 10am – 12pm |  |  |  |
| Monday 29th September 10am – 12pm |  |  |  |
| Monday 4th August 10am – 12pm |  | **Christchurch** | August - £21 for 3 sessionsSeptember - £35 for 5 sessions |
| Monday 11th August 10am – 12pm |
| Monday 18th August 10am – 12pm |
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| Monday 1st September 10am – 12pm |
| Monday 8th September 10am – 12pm |
| Monday 15th September 10am – 12pm |
| Monday 22nd September 10am – 12pm |
| Monday 29th September 10am – 12pm |
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**Where did you hear about us? Please tick all applicable**

Social media Poster Guide to Services brochure Website

 Word of mouth Around Guides Ferndown The Bournemouth Directory

 Other, please state: ……………………………………………………………………………………

**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.