



Age UK Bournemouth, Poole and East Dorset

Activity Timetable

Fitness Classes					
Day	Class	Location	Time	Cost	Further Information
Monday	Yoga	Moordown	1:30pm - 3pm	£28 for a 4 week course	Please bring your own mat. Leader: Debbie Newman
Tuesday	Coming Soon				
Wednesday	Chair Yoga	Canford Cliffs	1:15pm - 2:15pm	£28 for a 4 week course	Instructor: Paula Gardiner
	Chair Yoga	Canford Cliffs	2:45pm - 3:45pm	£28 for a 4 week course	Instructor: Paula Gardiner
Thursday	Sit, Move and Be Fit	St Leonards and St Ives	2:45pm - 3:45pm	£28 for a 4 week course	Instructor: Maisie Cowan
Friday	Yoga	Moordown	10am - 11:30am	£28 for a 4 week course	Please bring your own mat. Leader: Debbie Newman
	Feel the Rhythm	Charminster	1:30pm - 2:30pm	£28 for a 4 week course	Instructor: Maisie Cowan

Please note: all classes and Health and Wellbeing Activities need to be booked in advance by calling **01202 530530**. Bookings are accepted at our discretion and subject to a medical questionnaire. Please visit our website for more details: <https://www.ageuk.org.uk/bournemouthpooleeastdorset/our-services/health--wellbeing/>

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Walking Groups

Day	Class	Location	Time	Cost	Further Information
Tuesday	Energetic Walking Group	Various locations - timetable sent upon booking	Various start times	£13 annual membership	Please wear comfortable, weather appropriate clothes and bring a drink
Monday/Thursday Alternating every 2/3 weeks	Gentle Walking Group	TBC	TBC	£15 annual membership	Please wear comfortable, weather appropriate clothes and bring a drink

Pub Clubs

Day	Location	Cost	Further Information
Tuesdays	Various locations - timetable sent upon booking	£10 upon booking, which includes transport costs. Lunches are an additional cost.	Please call for information and our latest Pub Club timetable.
Thursdays	Various locations - timetable sent upon booking	£10 upon booking, which includes transport costs. Lunches are an additional cost.	Please call for information and our latest Pub Club timetable.

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Meet & Eat Club

Day	Location	Time	Further Information
Tuesday	St Leonards and St Ives	10am - 2:30pm	£15 for a 2 course meal with transport included (dependent on postcode availability)
Thursday	Ferndown	11am - 2pm	£15 for a 2 course meal with transport included (dependent on postcode availability)

Day Centre

Day	Location	Activity	Further Information
Monday	Charminster	Dementia Day Centre 10am - 2:30pm	£30 with transport included (dependent on postcode availability)
Wednesday	Charminster	Let's Connect 10am - 3pm	£25 with transport included (dependent on postcode availability)

CST - Cognitive Stimulation Therapy

Various Days	Various locations	Please call for further information
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MCST - Maintenance Cognitive Stimulation Therapy

Various Days	Various locations	Please call for further information. £7 per 2 hour session.
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