

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**



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July 2026 Activities Timetable

Activity	Day and Time	Please Tick	Venue	Cost (monthly unless stated)
PUB CLUBS	Thursday 2 nd July AM – PM		The Seven Stars Inn, near Wool,	Regular mains from £15.50/ Lighter appetites from £11.50 - Service Charge may apply. - Transport £12.00
	Thursday 9 th July AM – PM		The Charlton Inn (under new management) - near Blandford Forum	Regular mains from £13.75/ Lighter appetites from £12.79 - Service Charge may apply. - Transport £12.00
	Thursday 16 th July AM – PM		The Kings Head Hotel, Wimborne,	Regular mains from £8.99/ Senior Lunch Menu available upon request. - Service Charge may apply - Transport £12.00
	Thursday 23 rd July AM – PM		The Cross Keys Inn, nr Three-Legged Cross	Special Lunch menu available from £14.00 / Regular mains from £15.00 - Service Charge may apply - Transport £12.00
	Thursday 30 th July AM – PM		Miller & Carter Steak House, Poole,	Fixed Price Lunch Menu 2 Courses from £19.95 - Service Charge may apply - Transport £12.00

GENTLE YOGA	<p>Monday 6th July 1:30 – 3pm</p> <p>Monday 13th July 1:30 -3pm</p> <p>Monday 20th July 1:30 – 3pm</p> <p>Monday 27th July 1:30 – 3pm</p>		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	<p>Wednesday 1st July No Class 1:15-2:15pm</p> <p>Wednesday 1st July No Class 2:45-3:45pm</p> <p>Wednesday 8th July 1:15-2:15pm</p> <p>Wednesday 8th July 2:45-3:45pm</p> <p>Wednesday 15th July 1:15-2:15pm</p> <p>Wednesday 15th July 2:45-3:45pm</p> <p>Wednesday 22nd July 1:15-2:15pm</p> <p>Wednesday 22nd July 2:45-3:45pm</p> <p>Wednesday 29th July 1:15-2:15pm</p> <p>Wednesday 29th July 1:15-2:15pm</p>		Canford Cliffs Village Hall	£32.00 for 4 sessions

BE BALANCED EXERCISE CLASS	Thursday 2 nd July 2:15-3:15pm Thursday 9 th July No Class Thursday 16 th July No Class Thursday 23 rd July 2:15-3:15pm Thursday 30 th July 2:15-3:15pm		Canford Cliffs Village Hall	£24.00 for 3 sessions
GENTLE YOGA	Friday 3 rd July 10:00-11:30am Friday 10 th July 10:00-11:30am Friday 17 th July 10:00-11:30am Friday 24 th July 10:00-11:30am Friday 31 st July 10:00-11:30am		Moordown Community Centre	£45 – for 5 sessions
MEMORY CLUB	Monday 6 th July 10:00-12:00pm Monday 13 th July 10:00-12:00pm Monday 20 th July 10:00-12:00pm Monday 27 th July 10:00-12:00pm		Poole	£32 – 4 sessions
MEMORY CLUB	Monday 6 th July 10:00-12:00pm Monday 13 th July 10:00-12:00pm Monday 20 th July 10:00-12:00pm Monday 27 th July 10:00-12:00pm		Christchurch	£32 – 4 sessions

MEMORY CLUB	<p>Tuesday 7th July 10:00–12:00pm</p> <p>Tuesday 14th July 10:00–12:00pm</p> <p>Tuesday 21st July 10:00–12:00pm</p> <p>Tuesday 28th July 10:00–12:00pm</p>		Charminster	£32 – 4 sessions
MEMORY CLUB	<p>Wednesday 1st July 10:00-12:00pm</p> <p>Wednesday 8th July 10:00-12:00pm</p> <p>Wednesday 15th July 10:00-12:00pm</p> <p>Wednesday 22nd July 10:00-12:00pm</p> <p>Wednesday 29th July 10:00-12:00pm</p>		Ferndown	£40 – 5 sessions
MEMORY CLUB	<p>Wednesday 1st July 13:45-15:45pm</p> <p>Wednesday 8th July 13:45-15:45pm</p> <p>Wednesday 15th July 13:45-15:45pm</p> <p>Wednesday 22nd July 13:45-15:45pm</p> <p>Wednesday 29th July 13:45-15:45pm</p>		Poole	£40 – 5 sessions