

## March 2026 Activities Timetable

Full Name: ..... Postcode: .....

Activity	Day and Time	Please tick	Venue	Cost (Monthly unless stated)
<b>Pub Clubs</b>	Tuesday 3rd March AM- PM		<b>The Yachtsman, Poole</b>	Set Lunch Menu- 2 courses £13.50 Service Charge may apply - Transport £12.00
	Thursday 5 <sup>th</sup> March AM – PM		<b>The Burley Inn, Burley</b>	Regular mains from £15.95/Smaller appetites from £9.95 -Service Charge may apply - Transport £12.00
	Tuesday 10 <sup>th</sup> March AM – PM		<b>The White Rabbit, Lyndhurst</b>	Regular mains from £13.50/ Smaller appetites from £9.95 - Service Charge may apply - Transport £12.00
	Thursday 12 <sup>th</sup> March AM – PM		<b>La Vita Italian Restaurant – Blandford (1 bus only)</b>	Set Lunch menu – 2 Courses £16.45 (Pre order required) - Service Charge may apply - Transport £12.00
	Tuesday 17 <sup>th</sup> March AM – PM		<b>The Inn in the Park, Branksome</b>	Special Set menu – 2 Courses £16.00 Service Charge may apply - Transport £12.00
	Thursday 19 <sup>th</sup> March AM – PM		<b>The Seven Stars near Wool</b>	Regular mains from £14.95/ Smaller appetites from £10.00 - Service Charge may apply - Transport £12.00
	Tuesday 24 <sup>th</sup> March AM – PM		<b>The Commodore Pub, Southbourne</b>	Regular mains from £11.49 or 3 Set Course Senior menu available - Service Charge may apply - Transport £12.00
	Thursday 26 <sup>th</sup> March AM – PM		<b>The Cross Keys Inn, Holton Heath, Poole</b>	Regular mains from £11.95 or 2 Course set lunch available upon request- Service Charge may apply - Transport £12.00
	Tuesday 31 <sup>st</sup> March AM – PM		<b>The Green man, Wimborne</b>	Regular mains from £11.25/ Lighter options from £8.25 Service Charge may apply - Transport Fee £12.00

<b>Combined Gentle Yoga &amp; Chair Yoga*</b>			<b>Moordown Community Centre</b>	£45 for 5 sessions
	Monday 2 <sup>nd</sup> March 1:30pm – 3pm			
	Monday 9 <sup>th</sup> March 1:30pm – 3pm			
	Monday 16 <sup>th</sup> March 1:30pm – 3pm			
	Monday 23 <sup>rd</sup> March 1:30pm – 3pm			
	Monday 30 <sup>th</sup> March 1:30pm – 3pm			
<b>Energetic Walking Group</b>	Two Tuesdays – dates TBC, Waiting list only		<b>Various locations –</b>	£17 annual
<b>Seated Exercise</b>	Wednesday 4 <sup>th</sup> March 1.15-2.15pm		<b>Canford Cliffs Village Hall</b>	£24 for 3 sessions
	Wednesday 4 <sup>th</sup> March 2.45-3.45pm			
	Wednesday 11 <sup>th</sup> March 1.15-2.15pm			
	Wednesday 11 <sup>th</sup> March 2.45-3.45pm			
	Wednesday 18 <sup>th</sup> March 1.15-2.15pm			
	Wednesday 18 <sup>th</sup> March 2.45- 3.45pm			
	Wednesday 25 <sup>th</sup> March 1.15- 2.15pm (No Class)			
	Wednesday 25 <sup>th</sup> March 2.45- 3.45pm (No Class)			

<b>Gentle Yoga</b>	Friday 6 <sup>th</sup> March 10am – 11:30am		<b>Moordown Community Centre</b>	£36 for 4 sessions	
	Friday 13 <sup>th</sup> March 10am – 11:30am				
	Friday 20 <sup>th</sup> March 10am – 11:30am				
	Friday 27 <sup>th</sup> March 10am – 11:30am				
<b>Memory Club</b>	Monday 2 <sup>nd</sup> March 10am –12pm		<b>Poole</b>	£40 for 5 sessions	
	Monday 9 <sup>th</sup> March 10am – 12pm				
	Monday 16 <sup>th</sup> March 10am –12pm				
	Monday 23 <sup>rd</sup> March 10am –12pm				
	Monday 30 <sup>th</sup> March 10am –12pm				
<b>Memory Club</b>	Monday 2 <sup>nd</sup> March 10am –12pm		<b>Christchurch</b>	£40 for 5 sessions	
	Monday 9 <sup>th</sup> March 0am – 12pm				
	Monday 16 <sup>th</sup> March 10am –12pm				
	Monday 23 <sup>rd</sup> March 10am –12pm				
	Monday 30 <sup>th</sup> March 10am –12pm				
	Tuesday 3 <sup>rd</sup> March 10am –12pm		<b>Charminster</b>	£40 for 5 sessions	
	Tuesday 10 <sup>th</sup> March 10am –12pm				
	Tuesday 17 <sup>th</sup> March 10am –12pm				
	Tuesday 24 <sup>th</sup> March 10am –12pm				
	Tuesday 31 <sup>st</sup> March 10am –12pm				
	Wednesday 4 <sup>th</sup> March 1:45pm – 3:45pm		<b>Poole</b>	£32 for 4 sessions	
Wednesday 11 <sup>th</sup> March 1:45pm – 3:45pm					
Wednesday 18 <sup>th</sup> March 1:45pm – 3:45pm					
Wednesday 25 <sup>th</sup> March 1:45pm – 3:45pm					

<b>Memory Club</b>				
	Wednesday 4 <sup>th</sup> March 10am – 12pm		<b>Ferndown</b>	£32 for 4 sessions
	Wednesday 11 <sup>th</sup> March 10am – 12pm			
	Wednesday 18 <sup>th</sup> March 10am – 12pm			
	Wednesday 25 <sup>th</sup> March 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.