

# 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](mailto:enquiries@ageukbped.org.uk)**

Activity	Day and Time	Please tick	Venue	Cost (Monthly unless stated)
<b>Pub Clubs</b>	Tuesday 5 <sup>th</sup> May AM- PM		<b>The Countryman Inn, near Wool</b>	Lunch & a drink for £13.00 Service Charge may apply - Transport £12.00
	Thursday 7 <sup>th</sup> May AM – PM		<b>The Cross Keys, Wimborne</b>	Regular mains from £10.00/ Special Lunch menu available on request - Service Charge may apply - Transport £12.00
	Tuesday 12 <sup>th</sup> May AM – PM		<b>Mediterranean/ Turkish Cuisine – Antepi at Penn Hill</b>	Mains from £16.00/ Meze sharing Platter for two £22.00 - Service Charge may apply - Transport £12.00
	Thursday 14 <sup>th</sup> May AM – PM		<b>*Book Early* Cliffhanger Restaurant, Highcliffe</b>	<b>Bookings close 06/05/26</b> Lighter Plates from £15.00 / Mains from £16.50 - Service Charge may apply - Transport £12.00
	Tuesday 19 <sup>th</sup> May AM – PM		<b>La Vita Italian Restaurant, Blandford (1 bus only)</b>	Set 2 course lunch menu £16.45 (Pre-Order required) Service Charge may apply - Transport £12.00
	Thursday 21 <sup>st</sup> May AM – PM		<b>The Claypipe Inn, Holton Heath</b>	Regular mains from £8.99/ Lighter appetites from £8.79 - Service Charge may apply - Transport £12.00
	Tuesday 26 <sup>th</sup> May AM – PM		<b>New – why not try - The Cow at Ashley Cross</b>	Regular mains from £10.29/Lunch dish, chips + drink from £8.99 - Service Charge may apply - Transport £12.00
	Thursday 28 <sup>th</sup> May AM – PM		<b>Under New Management - The Fishermans Haunt, Winkton</b>	New Set Lunch Menu £17.00 – Choice of 10 Mains & 4 Desserts - Service Charge may apply - Transport £12.00

<b>Combined Gentle Yoga &amp; Chair Yoga*</b>			<b>Moordown Community Centre</b>	£18 for 2 sessions
	Monday 4 <sup>th</sup> May – No class			
	Monday 11 <sup>th</sup> May 1:30pm – 3pm			
	Monday 18 <sup>th</sup> May 1:30pm – 3pm			
	Monday 25 <sup>th</sup> May – No class			
<b>New Exercise Class starting soon</b>	Please telephone the office for more details – 01202 530530		<b>Canford Cliffs</b>	Book your space now £8 per session
<b>Seated Exercise</b>	Wednesday 6 <sup>th</sup> May 1.15-2.15pm		<b>Canford Cliffs Village Hall</b>	£32 for 4 sessions
	Wednesday 6 <sup>th</sup> May 2.45-3.45pm			
	Wednesday 13 <sup>th</sup> May 1.15-2.15pm			
	Wednesday 13 <sup>th</sup> May 2.45-3.45pm			
	Wednesday 20 <sup>th</sup> May 1.15-2.15pm			
	Wednesday 20 <sup>th</sup> May 2.45- 3.45pm			
	Wednesday 27 <sup>th</sup> May 1.15- 2.15pm			
	Wednesday 27 <sup>th</sup> May 2.45- 3.45pm			

<b>Energetic Walking Group</b>	Two Tuesdays – dates TBC, Waiting list only		<b>Various locations –</b>	£17 annual
<b>Gentle Yoga</b>	Friday 1 <sup>st</sup> May 10am – 11:30am		<b>Moordown Community Centre</b>	£45 for 5sessions
	Friday 8 <sup>th</sup> May 10am – 11:30am			
	Friday 15 <sup>th</sup> May 10am – 11:30am			
	Friday 22 <sup>nd</sup> May 10am – 11:30am			
	Friday 29 <sup>th</sup> May 10am – 11:30am			
<b>Memory Club</b>	Monday 4 <sup>th</sup> May – No Class		<b>Poole</b>	£16 for 2 sessions
	Monday 11 <sup>th</sup> May 10am – 12pm			
	Monday 18 <sup>th</sup> May 10am –12pm			
	Monday 25 <sup>th</sup> May – No Class			
<b>Memory Club</b>	Monday 4 <sup>th</sup> May – No Class		<b>Christchurch</b>	£18 for 2 sessions
	Monday 11 <sup>th</sup> May 0am – 12pm			
	Monday 18 <sup>th</sup> May 10am –12pm			
	Monday 25 <sup>th</sup> May – No Class			
	Tuesday 5 <sup>th</sup> May 10am –12pm		<b>Charminster</b>	£32 for 4 sessions
	Tuesday 12 <sup>th</sup> May 10am –12pm			
	Tuesday 19 <sup>th</sup> May 10am –12pm			
	Tuesday 26 <sup>th</sup> May 10am –12pm			

<b>Memory Club</b>	Wednesday 6 <sup>th</sup> May 1:45pm – 3:45pm		<b>Poole</b>	£32 for 4 sessions			
	Wednesday 13 <sup>th</sup> May 1:45pm – 3:45pm						
	Wednesday 20 <sup>th</sup> May 1:45pm – 3:45pm						
	Wednesday 27 <sup>th</sup> May 1:45pm – 3:45pm						
	Wednesday 6 <sup>th</sup> May 10am – 12pm					<b>Ferndown</b>	£32 for 4 sessions
	Wednesday 13 <sup>th</sup> May 10am – 12pm						
	Wednesday 20 <sup>th</sup> May 10am – 12pm						
Wednesday 27 <sup>th</sup> May 10am – 12pm							