

| Activity | Day and Time | Please tick | Venue | Cost (Monthly unless stated) |
|------------------|--|-------------|---|--|
| Pub Clubs | Tuesday 5 th May AM- PM | | The Countryman Inn, near Wool | Lunch & a drink for £13.00 Service Charge may apply - Transport £12.00 |
| | Thursday 7 th May AM – PM | | The Cross Keys, Wimborne | Regular mains from £10.00/ Special Lunch menu available on request - Service Charge may apply - Transport £12.00 |
| | Tuesday 12 th May AM – PM | | Mediterranean/ Turkish Cuisine – Antepi at Penn Hill | Mains from £16.00/ Meze sharing Platter for two £22.00 - Service Charge may apply - Transport £12.00 |
| | Thursday 14 th May AM – PM | | *Book Early* Cliffhanger Restaurant, Highcliffe | Bookings close 06/05/26 Lighter Plates from £15.00 / Mains from £16.50 - Service Charge may apply - Transport £12.00 |
| | Tuesday 19 th May AM – PM | | La Vita Italian Restaurant, Blandford (1 bus only) | Set 2 course lunch menu £16.45 (Pre-Order required) Service Charge may apply - Transport £12.00 |
| | Thursday 21 st May AM – PM | | The Claypipe Inn, Holton Heath | Regular mains from £8.99/ Lighter appetites from £8.79 - Service Charge may apply - Transport £12.00 |
| | Tuesday 26 th May AM – PM | | New – why not try - The Cow at Ashley Cross | Regular mains from £10.29/Lunch dish, chips + drink from £8.99 - Service Charge may apply - Transport £12.00 |
| | Thursday 28 th May AM – PM | | Under New Management - The Fishermans Haunt, Winkton | New Set Lunch Menu £17.00 – Choice of 10 Mains & 4 Desserts - Service Charge may apply - Transport £12.00 |
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| Combined Gentle Yoga & Chair Yoga* | | | Moordown Community Centre | £18 for 2 sessions |
| | Monday 4 th May – No class | | | |
| | Monday 11 th May 1:30pm – 3pm | | | |
| | Monday 18 th May 1:30pm – 3pm | | | |
| | Monday 25 th May – No class | | | |
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| New Exercise Class starting soon | Please telephone the office for more details – 01202 530530 | | Canford Cliffs | Book your space now £8 per session |
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| Seated Exercise | Wednesday 6 th May 1.15-2.15pm | | Canford Cliffs Village Hall | £32 for 4 sessions |
| | Wednesday 6 th May 2.45-3.45pm | | | |
| | Wednesday 13 th May 1.15-2.15pm | | | |
| | Wednesday 13 th May 2.45-3.45pm | | | |
| | Wednesday 20 th May 1.15-2.15pm | | | |
| | Wednesday 20 th May 2.45- 3.45pm | | | |
| | Wednesday 27 th May 1.15- 2.15pm | | | |
| | Wednesday 27 th May 2.45- 3.45pm | | | |
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| Energetic Walking Group | Two Tuesdays – dates TBC, Waiting list only | | Various locations – | £17 annual |
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| Gentle Yoga | Friday 1 st May 10am – 11:30am | | Moordown Community Centre | £45 for 5sessions |
| | Friday 8 th May 10am – 11:30am | | | |
| | Friday 15 th May 10am – 11:30am | | | |
| | Friday 22 nd May 10am – 11:30am | | | |
| | Friday 29 th May 10am – 11:30am | | | |
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| Memory Club | Monday 4 th May – No Class | | Poole | £16 for 2 sessions |
| | Monday 11 th May 10am – 12pm | | | |
| | Monday 18 th May 10am –12pm | | | |
| | Monday 25 th May – No Class | | | |
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| Memory Club | Monday 4 th May – No Class | | Christchurch | £18 for 2 sessions |
| | Monday 11 th May 0am – 12pm | | | |
| | Monday 18 th May 10am –12pm | | | |
| | Monday 25 th May – No Class | | | |
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| | Tuesday 5 th May 10am –12pm | | Charminster | £32 for 4 sessions |
| | Tuesday 12 th May 10am –12pm | | | |
| | Tuesday 19 th May 10am –12pm | | | |
| | Tuesday 26 th May 10am –12pm | | | |
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| Memory Club | Wednesday 6 th May 1:45pm – 3:45pm | | Poole | £32 for 4 sessions | | | |
| | Wednesday 13 th May 1:45pm – 3:45pm | | | | | | |
| | Wednesday 20 th May 1:45pm – 3:45pm | | | | | | |
| | Wednesday 27 th May 1:45pm – 3:45pm | | | | | | |
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| | Wednesday 6 th May 10am – 12pm | | | | | Ferndown | £32 for 4 sessions |
| | Wednesday 13 th May 10am – 12pm | | | | | | |
| | Wednesday 20 th May 10am – 12pm | | | | | | |
| Wednesday 27 th May 10am – 12pm | | | | | | | |
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