

November 2025 Activities Timetable

Full Name: **Postcode:**

Activity	Day and Time	Please tick	Venue	Cost (Monthly unless stated)
	Tuesday 4 th November AM – PM		Green Man Pub, Wimborne (1 bus only)	Regular mains from £11.95/ Lighter Bites from £7.00 - Service Charge may apply - Transport £12.00
	Thursday 6 th November AM – PM		Commodore Hotel, Southbourne (1 bus only)	Regular mains from £11.79/ Lighter Bites from £5.99 - Service Charge may apply - Transport £12.00
	Tuesday 11 th November AM – PM		La Vita-(Italian) Blandford - **Pre- order (1 bus only)	Fixed Price Lunch Menu – 2 courses from £16.45 - Service Charge may apply - Transport £12.00
	Thursday 13 th November AM – PM		The Smugglers Inn, Milford on Sea	Regular mains from £13.95/ Smaller Appetites from £11.95 - Service Charge may apply - Transport £12.00
	Tuesday 18 th November AM – PM		The Burley Inn, Burley	Regular mains from £15.95/ Lighter Bites from £8.40 - Service Charge may apply - Transport £12.00
	Thursday 20 th November AM – PM		Churchill Arms, Fordingbridge	Regular mains from £14.25/Lighter Bites from £7.00 - Service Charge may apply - Transport £12.00
	Tuesday 25 th November AM – PM		The Somerford Beefeater, Somerford	Regular mains from £14.29 or Lunch menu from £8.00 - Service Charge may apply - Transport £12.00
	Thursday 27 th November AM – PM		The Claypipe Inn, Holton Heath	Regular mains from £9.49/Light Bites from £7.79 - Service Charge may apply - Transport £12.00

Combined Gentle Yoga & Chair Yoga*			Moordown Community Centre	£32 for 4 sessions
	Monday 3 rd November 1:30pm – 3pm			
	Monday 10 th November 1:30pm – 3pm			
	Monday 17 th November 1:30pm – 3pm			
	Monday 24 th November 1:30pm – 3pm			
New Seated Exercise Classes	Call now to register your interest 01202 530530		Various locations	
Energetic Walking Group	Two Tuesdays – dates TBC, further info upon booking		Various locations – confirmed upon booking	£15 annual
Seated Exercise	Wednesday 5th November 1.15-2.15pm		Canford Village Hall Canford Cliffs Village Hall	£24 for 3 sessions
	Wednesday 5th November 2.45-3.45pm			
	Wednesday 12th November 1.15-2.15pm			
	Wednesday 12th November 2.45-3.45pm			
	Wednesday 19th November 1.15-2.15pm			
	Wednesday 19th November 2.45- 3.45pm			
	Wednesday 26th November 1.15-2.15pm * To be confirmed			
	Wednesday 26th November 2.45- 3.45pm * To be confirmed			
Gentle Yoga	Friday 7 th November 10am – 11:30am		Moordown Community Centre	£32 for 4 sessions
	Friday 14 th November 10am – 11:30am			
	Friday 21 st November 10am – 11:30am			
	Friday 28 th November 10am – 11:30am			

Memory Club	Monday 3 rd November 10am –12pm		Poole	£32 for 4 sessions
	Monday 10 th November 10am – 12pm			
	Monday 17 th November 10am –12pm			
	Monday 24 th November 10am –12pm			
	Monday 3 rd November 10am –12pm		Christchurch	£32 for 4 sessions
	Monday 10 th November 10am – 12pm			
	Monday 17 th November 10am –12pm			
	Monday 24 th November 10am –12pm			
	Tuesday 4 th November 10am –12pm		Charminster	
	Tuesday 11 th November 10am –12pm			
	Tuesday 18 th November 10am –12pm			£32 for 4 sessions
	Tuesday 25 th November 10am –12pm			
	Wednesday 5 th November 1:45pm – 3:45pm		Poole	£32 for 4 sessions
	Wednesday 12 th November 1:45pm – 3:45pm			
	Wednesday 19 th November 1:45pm – 3:45pm			
	Wednesday 26 th November 1:45pm – 3:45pm			
	Wednesday 5 th November 10am – 12pm		Ferndown	£32 for 4 sessions
	Wednesday 12 th November 10am – 12pm			
	Wednesday 19 th November 10am – 12pm			
	Wednesday 26 th November 10am – 12pm			

Where did you hear about us? Please tick all applicable

- ☐ Social media ☐ Poster ☐ Guide to Services brochure ☐ Website
- ☐ Word of mouth ☐ Around Guides Ferndown ☐ The Bournemouth Directory
- ☐ Other, please state:

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.
- Chair Yoga allows you to perform yoga poses while 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.