

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

Age UK Bournemouth, Poole and East Dorset is a trading name of Age Concern Bournemouth which is a registered charity number 1113294 and a company limited by guarantee registered in England and Wales number 5401464. Registered office: 700 Wimborne Road, Bournemouth, Dorset BH9 2EG.

November 2026 Activities Timetable

Please note that due to staff absences we will be running the pub clubs on Thursdays only.

Pub Club spaces can only be reserved up to a maximum of 48 hours.

Please note this booking is not yet confirmed until we are in receipt of payment.

To avoid disappointment please call on 01202 530530 or email me on

jacquie.cooney@ageukbped.org.uk

Please note that our phone lines are open Monday- Thursday 9:30-3:45pm

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

Activity	Day and Time	Please Tick	Venue	Cost (monthly unless stated)
PUB CLUBS	Thursday 5 th November AM – PM		The Walkford Pub, Walkford	Regular mains from £8.00 Lighter Bites from £6.25 - Service Charge may apply. - Transport £14.00
	Thursday 12 th November October AM – PM		The Claypipe Inn, Holton Heath	Regular mains from £10.00 Lighter Bites from £8.00 - Service Charge may apply. - Transport £14.00
	Thursday 19 th November AM – PM		The Burley Inn, Burley	Regular mains from £16.85 Lighter Bites from £10.15 - Service Charge may apply - Transport £14.00.
	Thursday 26 th November AM – PM		Miller & Carter, Poole	Fixed Price Lunch Menu from £19.95 – Supplements may apply - Service Charge may apply. - Transport £14.00

GENTLE YOGA	<p>Monday 2nd November 1:30 – 3pm</p> <p>Monday 9th November 1:30 -3pm</p> <p>Monday 16th November 1:30 – 3pm</p> <p>Monday 23rd November 1:30 – 3pm</p> <p>Monday 30th October 1:30 – 3pm</p>		Moordown Community Centre	£45 for 5 sessions
SEATED EXERCISE	<p>Wednesday Classes:</p> <p>4th November: 1:15-2:15pm & 2:45-3:45pm</p> <p>11th November: 1:15-2:15pm & 2:45-3:45pm</p> <p>18th November: 1:15-2:15pm & 2:45-3:45pm</p> <p>25th November: 1:15-2:15pm & 2:45-3:45pm</p>		Canford Cliffs Village Hall	£32.00 for 4 sessions
ENERGETIC WALKING GROUP	Two Tuesdays – Dates TBC Waiting List Only		Various Locations	£17.00 Annual Fee

BE BALANCED EXERCISE CLASS	<p>Thursday 5th November 2:15-3:15pm</p> <p>Thursday 12th November 2:15-3:15pm</p> <p>Thursday 19th November 2:15-3:15pm</p> <p>Thursday 26th November 2:15-3:15pm</p>		Canford Cliffs Village Hall	<p>£32.00 for 4 sessions</p>
GENTLE YOGA	<p>Friday 6th November 10:00-11:30am</p> <p>Friday 13th November 10:00-11:30am</p> <p>Friday 20th November 10:00-11:30am</p> <p>Friday 27th November 10:00-11:30am</p>		Moordown Community Centre	<p>£36 – for 4 sessions</p>
MEMORY CLUB	<p>Monday 2nd November 10:00-12:00pm</p> <p>Monday 9th November 10:00-12:00pm</p> <p>Monday 16th November 10:00-12:00pm</p> <p>Monday 23rd November 10:00-12:00pm</p> <p>Monday 30th November 10:00-12:00pm</p>		Poole	<p>£40 – 5 sessions</p>

MEMORY CLUB	<p>Monday 2nd November 10:00-12:00pm</p> <p>Monday 9th November 10:00-12:00pm</p> <p>Monday 16th November 10:00-12:00pm</p> <p>Monday 23rd November 10:00-12:00pm</p> <p>Monday 30th November 10:00-12:00pm</p>		Christchurch	£40 – 5 sessions
MEMORY CLUB	<p>Tuesday 3rd November 10:00-12:00pm</p> <p>Tuesday 10th November 10:00-12:00pm</p> <p>Tuesday 17th November 10:00-12:00pm</p> <p>Tuesday 24th November 10:00-12:00pm</p>		Charminster	£32 – 4 sessions
MEMORY CLUB	<p>Wednesday 4th November 10:00-12:00pm</p> <p>Wednesday 11th November 10:00-12:00pm</p> <p>Wednesday 18th November 10:00-12:00pm</p> <p>Wednesday 25th November 10:00-12:00pm</p>		Ferndown	£32 – 4 sessions

MEMORY CLUB	<p>Wednesday 4th November 13:45-15:45pm</p> <p>Wednesday 11th November 13:45-15:45pm</p> <p>Wednesday 18th November 13:45-15:45pm</p> <p>Wednesday 25th November 13:45-15:45pm</p>		Poole	<p>£32 – 4 sessions</p>
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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.
- 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.