

## October 2025 Activities Timetable

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

Activity	Day and Time	Please tick	Venue	Cost (Monthly unless stated)
	Thursday 2 <sup>nd</sup> October AM – PM		<b>Needles Eye Café, Milford on Sea</b>	Regular mains from £10.50/ Lighter Bites from £8.50 - Service Charge may apply - Transport £12.00
	Tuesday 7 <sup>th</sup> October AM – PM		<b>Stewarts Garden Centre, Christchurch</b>	Regular mains from £12.50/ Lighter Bites from £7.50 - Service Charge may apply - Transport £12.00
	Thursday 9 <sup>th</sup> October AM – PM		<b>(New) The Lion &amp; Lamb Pub, Lymington</b>	Fixed Price Lunch Menu – 2 courses from £17.50 - Service Charge may apply - Transport £12.00
	Tuesday 14 <sup>th</sup> October AM – PM		<b>Miller &amp; Carter, Poole</b>	Fixed Price Lunch Menu – 2 courses from £17.95 - Service Charge may apply - Transport £12.00
	Thursday 16 <sup>th</sup> October AM – PM		<b>(New) Prezzo Italian Restaurant - Ringwood</b>	2 Courses from £12.50 or Soup and a Panini from £7.99 - Service Charge may apply - Transport £12.00
	Tuesday 21 <sup>st</sup> October AM – PM		<b>(New) The Frampton Arms, Moreton nr Dorchester</b>	Regular mains from £14.95/Lighter Bites from £10.00 - Service Charge may apply - Transport £12.00
	Thursday 23 <sup>rd</sup> October AM – PM		<b>The Inn in the Park, Branksome</b>	Regular mains from £15.00/ Smaller Appetites from £10.00 /Lighter Bites from £10.00 - Service Charge may apply - Transport £12.00
	Tuesday 28 <sup>th</sup> October AM – PM		<b>The Dorset Soldier, Corfe Mullen</b>	Lunchtime Meal Deal – 2 Courses for £11.00 and Lighter Bites from £7.95 - Service Charge may apply - Transport £12.00
	Thursday 30 <sup>th</sup> October AM – PM		<b>The Seven Stars Pub, Wool</b>	Regular mains from £14.95/Light Bites from £10.50 - Service Charge may apply - Transport £12.00

<b>Combined Gentle Yoga &amp; Chair Yoga*</b>			<b>Moordown Community Centre</b>	£28 for 4 sessions
	Monday 6 <sup>th</sup> October 1:30pm – 3pm			
	Monday 13 <sup>th</sup> October 1:30pm – 3pm			
	Monday 20 <sup>th</sup> October 1:30pm – 3pm			
	Monday 27 <sup>th</sup> October 1:30pm – 3pm			
<b>Energetic Walking Group</b>	Two Tuesdays – dates TBC, further info upon booking		<b>Various locations – confirmed upon booking</b>	£15 annual
<b>Seated Exercise</b>	Wednesday 1 <sup>st</sup> October 1.15-2.15pm		<b>Canford Village Hall Canford Cliffs Village Hall</b>	£35 for 5 sessions
	Wednesday 1 <sup>st</sup> October 2.45-3.45pm			
	Wednesday 8 <sup>th</sup> October 1.15-2.15pm			
	Wednesday 8 <sup>th</sup> October 2.45-3.45pm			
	Wednesday 15 <sup>th</sup> October 1.15-2.15pm			
	Wednesday 15 <sup>th</sup> October 2.45- 3.45pm			
	Wednesday 22 <sup>nd</sup> October 3rd July 1.15-2.15pm			
	Wednesday 22 <sup>nd</sup> October 2.45- 3.45pm			
	Wednesday 29 <sup>th</sup> October 30 <sup>th</sup> July 1.15 -2.15pm			
	Wednesday 29 <sup>th</sup> October 2.45- 3.45pm			
<b>Gentle Yoga</b>	Friday 3 <sup>rd</sup> October 10am – 11:30am		<b>Moordown Community Centre</b>	£35 for 5 sessions
	Friday 10 <sup>th</sup> October 10am – 11:30am			
	Friday 17 <sup>th</sup> October 10am – 11:30am			
	Friday 24 <sup>th</sup> October 10am – 11:30am			
	Friday 31 <sup>st</sup> October 10am – 11:30am			

<b>Memory Club</b>	Monday 6 <sup>th</sup> October 10am –12pm		<b>Poole</b>	£28 for 4 sessions
	Monday 13 <sup>th</sup> October 10am – 12pm			
	Monday 20 <sup>th</sup> October 10am –12pm			
	Monday 27 <sup>th</sup> October 10am –12pm			
	Monday 6 <sup>th</sup> October 10am –12pm		<b>Christchurch</b>	£28 for 4 sessions
	Monday 13 <sup>th</sup> October 10am – 12pm			
	Monday 20 <sup>th</sup> October 10am –12pm			
	Monday 27 <sup>th</sup> October 10am –12pm			
	Tuesday 7 <sup>th</sup> October 10am –12pm		<b>Charminster</b>	
	Tuesday 14 <sup>th</sup> October 10am –12pm			
	Tuesday 21 <sup>st</sup> October 10am –12pm			£28 for 4 sessions
	Tuesday 28 <sup>th</sup> October 10am –12pm			
	Wednesday 1 <sup>st</sup> October 1:45pm – 3:45pm		<b>Poole</b>	£35 for 5 sessions
	Wednesday 8 <sup>th</sup> October 1:45pm – 3:45pm			
	Wednesday 15 <sup>th</sup> October 1:45pm – 3:45pm			
	Wednesday 22 <sup>nd</sup> October 1:45pm – 3:45pm			
	Wednesday 29 <sup>th</sup> October 1:45pm – 3:45pm			
	Wednesday 1 <sup>st</sup> October 10am – 12pm		<b>Ferndown</b>	£35 for 5 sessions
	Wednesday 8 <sup>th</sup> October 10am – 12pm			
	Wednesday 15 <sup>th</sup> October 10am – 12pm			
	Wednesday 22 <sup>nd</sup> October 10am – 12pm			
	Wednesday 29 <sup>th</sup> October 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.