

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.

October 2026 Activities Timetable

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

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

Due to the cost of fuel we have had to slightly increase the cost of transport from 6th August, we apologise for any inconvenience this may cause you.

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

Activity	Day and Time	Please Tick	Venue	Cost (monthly unless stated)
PUB CLUBS	Thursday 8 th October AM – PM		The Carpenters Arms, Bransgore	Regular mains from £16.00 Lighter Bites from £8.00 - Service Charge may apply. - Transport £14.00
	Thursday 15 th October AM – PM		Argyll Bowling Club BH4 – 1 Bus only - restricted postcodes	Regular mains from £13.00 Lighter Bites from £5.00 - Service Charge may apply. - Transport £14.00
	Thursday 29 th October AM – PM		The Cross Keys, Wimborne BH21 7JZ	Halloween Special Two Course lighter Lunch Menu from £12.00 - Regular mains from £15.00 - Service Charge may apply - Transport £14.00.

GENTLE YOGA	Monday 5th October 1:30 – 3pm Monday 12th October 1:30 -3pm Monday 19th October 1:30 – 3pm Monday 26th October 1:30 – 3pm		Moordown Community Centre	£36 for 4 sessions
ENERGETIC WALKING GROUP	Two Tuesdays – Dates TBC Waiting List Only		Various Locations	£17.00 Annual Fee
SEATED EXERCISE	Wednesday 7th October Classes: 1:15-2:15pm & 2:45-3:45pm Wednesday 14th October Classes: 1:15-2:15pm & 2:45-3:45pm Wednesday 21st October Classes: 1:15-2:15pm & 2:45-3:45pm Wednesday 28th October Classes: 1:15-2:15pm & 2:45-3:45pm		Canford Cliffs Village Hall	£32.00 for 4 sessions

BE BALANCED EXERCISE CLASS	Thursday 1st October 2:15-3:15pm Thursday 8th October 2:15-3:15pm Thursday 15th October 2:15-3:15pm Thursday 22nd October 2:15-3:15pm Thursday 29th October 2:15-3:15pm		Canford Cliffs Village Hall	£40.00 for 5 sessions
GENTLE YOGA	Friday 2nd October 10:00-11:30am Friday 9th October 10:00-11:30am Friday 16th October 10:00-11:30am Friday 23rd October 10:00-11:30am Friday 30th October 10:00-11:30am		Moordown Community Centre	£45 – for 5 sessions
MEMORY CLUB	Monday 5th October 10:00-12:00pm Monday 12th October 10:00-12:00pm Monday 19th October 10:00-12:00pm Monday 26th October 10:00-12:00pm		Poole	£32 – 4 sessions

MEMORY CLUB	Monday 5 th October 10:00-12:00pm Monday 12 th October 10:00-12:00pm Monday 19 th October 10:00-12:00pm Monday 26 th October 10:00-12:00pm		Christchurch	£32 – 4 sessions
MEMORY CLUB	Tuesday 6 th October 10:00-12:00pm Tuesday 13 th October 10:00-12:00pm Tuesday 20 th October 10:00-12:00pm Tuesday 27 th October 10:00-12:00pm		Charminster	£32 – 4 sessions
MEMORY CLUB	Wednesday 7 th October 10:00-12:00pm Wednesday 14 th October 10:00-12:00pm Wednesday 21 st October 10:00-12:00pm Wednesday 28 th October 10:00-12:00pm		Ferndown	£32 – 4 sessions

MEMORY CLUB	Wednesday 7 th October 13:45-15:45pm Wednesday 14 th October 13:45-15:45pm Wednesday 21 st October 13:45-15:45pm Wednesday 28 th October 13:45-15:45pm		Poole	£32 – 4 sessions
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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.