

Date as postmark

Dear Project Purple Friend,

Here are the details of our forthcoming autumn 2018 program, we hope you enjoy it!

Gentle Yoga

Gentle exercise classes suitable for all abilities. Melt away tension with deep relaxation to heal and rejuvenate body and mind. Exercise mats can be provided but for hygiene reasons we would encourage you to purchase your own. Please wear comfortable, loose clothing. A 'Safe to Exercise' health questionnaire must be completed by all new members attending these courses. Please note this is an active course - if you have any health concerns please discuss them with your doctor before starting. Please ensure that you enrol in good time for the 6 week blocks, as places are first come, first served - if you do not enrol in good time you risk losing a place.

Venue: Moordown Community Centre, Coronation Avenue, Moordown, Bournemouth BH9 1TW.

Tutor: Debbie Newman

Cost: £40 per 6 week course

Mondays 1.30 - 3pm 13/08/18- 01/10/18 (6 classes, **no classes on 27/08/18 or 3/09/18**)

08/10/18-12/11/18 (6 Week Course)

Fridays 10 -11.30am 17/08/18-12/10/18 (5 classes, **no classes on 24/08, 31/08, 07/09 or 5/10**)

19/10/18-16/11/18 (5 Week Course)

Computers for Beginners (Bring your own device)

Do you have a new device, or want to learn how to use one? Our 6 week iPad and tablet course starts on 5th September at Kinson Library. Please refer to the enrolment form for more details. Bring your own iPad, tablet or Windows 10 laptop. Learn in a small friendly group. Please note that this isn't a structured course but will be led by the people attending and what they want to learn. If you have not used iPad/ Tablet before please check that this course is suitable for you. Please report to the information desk, they will signpost you to the computer suite. Bus stops outside the library. Free car parking is available behind the library in Millhams Road.

Venue: Kinson Hub, Wimborne Road, Kinson BH11 9AB

Tutors: Brian Fielder and Brian Mudd

Day and time: Wednesdays 10am-12 noon 5/09/18-10/10/18 (6 week course)

Cost: £40 for 6 week course

Pub Club and Day Trips (Bournemouth residents only for travel)

Lunch trips to pubs in the Dorset area and Day trips. Our pub lunches are self-supported, so you must be able to order & pay for your own meals & drinks at the bar.

Drivers: Jeff Homer and Ruth Williamson

Pick up time: Minibus pick-up is between 9.45 – 11:30am. Pub Lunches are at 12:30pm.

Transport is £9 -£12 in advance. Payment is for door-to-door minibus transport only. Transport is available to BH1 - BH11 postcodes (surrounding areas will be considered). Please bring money on the day to pay for lunch and entry fees if applicable. Cost of lunch ranges from £5 to £20 per course.

Compton Acres Gardens: The beautiful gardens of Compton Acres include an Italian, Japanese, Rock and Water garden. There is a step free route around the garden. Shop and Café. Entry fee of £7.45 is payable on the door. If there are over 15 the fee will be discounted to £6.45.

Durlston Country Park and nature reserve: 320 acres of coastal nature reserve near Swanage with fabulous views of Durlston bay. Take a stroll on the many trails (many areas accessible to less mobile visitors) and visit Durlston Castle and visitors centre. Includes a shop, Café Restaurant. Free entry.

Priests House Museum: Grade II* listed historic townhouse in the centre of Wimborne Minster with Garden Tea Room and a programme of changing exhibitions. £3.50 entry fee payable on the door.

Day and date	location	Transport	Entry fee
Tues 28/08/18	Walnut Tree Farm dining and carvery	£12	
Thurs 30/08/18	Day Trip: Compton Acres Gardens, Poole	£9	£6.45/£7.45 on door
Tues 04/09/18	Forest Inn, Ashurst	£12	
Thurs 06/09/18	Red Shoot, Linwood	£9	
Tues 11/09/18	Day Trip: Durlston Country Park and nature reserve	£12	Free
Thurs 13/09/18	The Smugglers Inn, Milford on sea	£9	
Tues 18/09/18	Alice Lyle, Ringwood	£9	
Thurs 20/09/18	The Amberwood Inn, Walkford	£9	
Tues 25/09/18	The Ship Inn, Fordingbridge	£9	
Thurs 27/09/18	The Fighting Cocks, Godshill	£9	
Tues 02/10/18	The House Martin, New Milton	£9	
Thurs 04/10/18	The Charlton Inn, Charlton Marshall	£9	
Tues 09/10/18	The Stocks Inn, Furzehill	£9	
Thurs 11/10/18	The Crown Stirrup, Clay Hill	£9	
Tues 16/10/18	The Fisherman's Haunt, Winkton	£9	
Thurs 18/10/18	The White Hart, Lymington	£9	
Tues 23/10/18	The Horton Inn, Horton	£9	
Thurs 25/10/18	Day Trip: The Priests House Museum, Wimborne	£9	£3.50 on door
Tues 30/10/18	The Ship Inn, Wool	£9	
Thurs 01/11/18	The Bat and Ball, Breamore	£9	
Tues 06/11/18	The White Horse Inn, Stourpaine	£12	
Thurs 08/11/18	Tyrells Ford, Avon	£9	
Tues 13/11/18	The Fish Inn, Ringwood	£9	
Thurs 15/11/18	The Red Lion, Boldre	£9	

Walking Group (Energetic)

Our walking group meets on Tuesdays Fortnightly. A brisk pace, average 3-5 mile walking distance and varying terrain; this activity is suitable for the energetic walker. Please wear sensible shoes and clothing and prepare for wet weather conditions and any necessary medical supplies.

Locations:

- **Tuesday 11th September:** Bourne Valley Way
- **Tuesday 25th September:** Boscombe Gardens and Promenade
- **Tuesday 9th October:** Shore Road - Alum Chine
- **Tuesday 23rd October:** TBA
- **Tuesday 13th November:** Alum Chine and Bournemouth gardens
- **Tuesday 27th November:** TBA
- **Tuesday 11 December:** Christmas Lunch at Toby Carvery and optional short walk

Walk leaders: Susan Hannis, Russ Perry, Tony Harling & Bryan Harris

Cost: £10 annual membership for EWG 2018 for new members.

Please Note:

- **All courses and activities listed on the enclosed enrolment form have availability (unless stated otherwise), therefore when enrolling please assume that you are booked onto the course/activity of your choice. We will notify you if you are unsuccessful.**
- **Unfortunately we are unable to allocate spaces without payment.**
- **We are unable to change your course/activity once you have booked unless there is availability elsewhere.**
- **Payments are non-refundable once you have booked. However should we cancel or change your chosen course/activity, a refund will be made.**
- **We frequently receive cheques with no details. We deal with many courses and activities so please clearly state your name, address, contact telephone number, and the day and date of the course you are registering for, on a piece of paper that you include with your cheque; or request an enrolment form.**
- **We recommend that you keep this letter for your reference; it details the specifics relating to all Project Purple courses and activities.**

To find out more or for any enquiries please telephone 01202 530530 or email kspendier@ageukbournemouth.org.uk

We would like to hear back from you regarding any course suggestions for future programmes. Please email Karen at the above email address.

Please find our autumn enrolment form enclosed. To avoid disappointment on any of our courses or outings, it is recommended that you return enrolment forms to us as soon as possible to secure your place. **Please make cheques payable to 'Age UK Bournemouth'** send to 700 Wimborne Road, Bournemouth, Dorset BH9 2EG. Once we have received your payment you will be sent a confirmation letter detailing the specific courses you have been enrolled on and the dates and times.

Thank you for your interest in Project Purple.

Yours sincerely

The Project Purple Team