

## TIMETABLE - SPRING 2018

(Please Retain For Your Reference)

Activity	Description	Venue & Tutors	Day & Time	Dates	Further Information/Itinerary
<b>Gentle Yoga</b>	Gentle exercise classes suitable for all abilities. Melt away tension and deep relaxation to heal and rejuvenate body and mind.	Moordown Community Centre, Coronation Avenue, Moordown, Bournemouth, BH9 1TW.  <u>Tutor:</u> Debbie Newman	<b>Mondays</b> 1.30 - 3pm	<input type="checkbox"/> Mon 19/02/18 – 26/03/18 (6 weeks)	<p>Exercise mats can be provided but for hygiene reasons we would encourage you to purchase your own. Please wear comfortable, loose clothing.</p> <p>A 'Safe to Exercise' health questionnaire must be completed by all new members attending these courses. This is located on the back of our standard Medical/Next of Kin form which accompanies the Enrolment Form.</p> <p>Please note: this is an active course - if you have any health concerns please discuss them with your doctor before starting.</p> <p><b>It is not essential for new participants to start at the beginning of an exercise course. We will happily enrol you onto a running course at a reduced cost if there are spaces available.</b></p>
				<input type="checkbox"/> Mon 09/04/18 – 30/4/18 (4 weeks)	
			<b>Fridays</b> 10 -11.30am	<input type="checkbox"/> Fri 02/03/18 – 23/03/18 (4 weeks)	
				<input type="checkbox"/> Fri 13/04/18 – 04/05/18 (4 weeks)	

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<b>iPad/Tablet/Windows 10 tuition</b> (Bring your own device)	For Beginners You will cover: - Using the device interface - Apps - Notifications /updates - Internet & email - Shopping, streaming, social media. - Video calling.	Kinson Hub Wimborne Road Kinson BH11 9AB  <b>Tutors:</b> Brian Fielder Brian Mudd	<b>Wednesdays</b> <b>10am - 12pm</b>	<input type="checkbox"/> <b>Wed 28/02/18 - 04/04/18</b>	<b>Bring your own iPad, tablet or Windows 10 laptop.</b>  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.
				<input type="checkbox"/> <b>Wed 18/04/18 - 23/05/18</b>	
<b>Pub Club</b> (BMTH residents only for travel)	Lunch trips to pubs in the Dorset area.	Various  <b>Escorts:</b> Jeff Homer Ruth Williamson	<b>Tuesday</b>	<input type="checkbox"/> <b>Tue 30/01/18</b> Inn In The Park, Alum Chine	<b>Please read before booking...</b>  Our pub lunches are self-supported, so you must be able to order & pay for your own meals & drinks at the bar.  Payment is for door-to-door minibus transport only. Transport is available to BH1 - BH11 postcodes (surrounding areas will be considered).  Minibus pick-up is between 9.45 – 11:30am. Lunch is at 12:30pm.  Please bring money to pay for lunch.
			<b>Thursday</b>	<input type="checkbox"/> <b>Thu 01/02/18</b> The Haywain, Bartley	
			<b>Tuesday</b>	<input type="checkbox"/> <b>Tue 06/02/18</b> The Willett Arms, Oakley	
			<b>Thursday</b>	<input type="checkbox"/> <b>Thu 08/02/18</b> The Walhampton Arms, Lymington	
			<b>Tuesday</b>	<input type="checkbox"/> <b>Tue 20/02/18</b> The Bridge House, Longham	
			<b>Thursday</b>	<input type="checkbox"/> <b>Thu 22/02/18</b> The Green Dragon, Brook	
			<b>Tuesday</b>	<input type="checkbox"/> <b>Tue 27/02/18</b> The Crown, Winterborne Strickland	
			<b>Thursday</b>	<input type="checkbox"/> <b>Thu 01/03/18</b> The Old Inn, Holt	

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<b>Pub Club</b> (BMTH residents only for travel)	Lunch trips to pubs in the Dorset area/days out.	Various  <b>Escorts:</b> Jeff Homer Ruth Williamson	<b>Tuesday</b>	<input type="checkbox"/> <b>Tue 06/03/18</b> The New Queen, Avon	<b>Please read before booking...</b>  Our pub lunches are self-supported, so you must be able to order & pay for your own meals & drinks at the bar.  Payment is for door-to-door minibus transport only. Transport is available to BH1 - BH11 postcodes (surrounding areas will be considered).  Minibus pick-up is between 9.45 – 11:30am. Lunch is at 12:30pm.  Please bring money to pay for lunch. Cost of lunch ranges from £5 to £20 per course depending on the venue.
			<b>Thursday</b>	<input type="checkbox"/> <b>Thu 08/03/18</b> The Royal Oak, North Gorley	
			<b>Tuesday</b>	<input type="checkbox"/> <b>Tue 13/03/18</b> The Carpenters Arms, Bransgore	
			<b>Thursday</b>	<input type="checkbox"/> <b>Thu 15/03/18</b> The Red Shoot Inn, Ringwood	
			<b>Tuesday</b>	<input type="checkbox"/> <b>Tue 20/03/18</b> The White Horse, Stourpaine	
			<b>Thursday</b>	<input type="checkbox"/> <b>Thu 22/03/18</b> The Gamekeeper Ashurst	
			<b>Tuesday</b>	<input type="checkbox"/> <b>Tues 27/03/18</b> The Mailmans Arms Lyndhurst	
			<b>Thursday</b>	<input type="checkbox"/> <b>Thu 29/03/18</b> The Yachtsman Hamworthy	
			<b>Tuesday</b>	<input type="checkbox"/> <b>Tue 03/04/18</b> the Compass Inn Copythorne	
			<b>Thursday</b>	<input type="checkbox"/> <b>Thu 05/04/18</b> The Housemartin, Milford on sea	
			<b>Tuesday</b>	<input type="checkbox"/> <b>Tue 10/04/18</b> The Wheatsheaf Inn, New Milton	
			<b>Thursday</b>	<input type="checkbox"/> <b>Thu 12/04/18</b> The Ship in Distress Mundeford	
			<b>Tuesday</b>	<input type="checkbox"/> <b>Tue 17/04/18</b> The Sir Walter Tyrell Brook	
			<b>Thursday</b>	<input type="checkbox"/> <b>Thu 19/04/18</b> The Monmouth Ash, Verwood	
<b>Tuesday</b>	<input type="checkbox"/> <b>Tue 24/04/18</b> The Filly Inn Brockenhurst				

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<b>Pub Club</b> (BMTH residents only for travel)	Lunch trips to pubs in the Dorset area/days out.	Various  <u>Escorts:</u> Jeff Homer Ruth Williamson	<b>Thursday</b>	<input type="checkbox"/> <b>Thu 26/04/18</b> The Halfway Inn Norden	<p><b>Please read before booking...</b></p> <p>Our pub lunches are self-supported, so you must be able to order &amp; pay for your own meals &amp; drinks at the bar.</p> <p>Payment is for door-to-door minibus transport only. Transport is available to BH1 - BH11 postcodes (surrounding areas will be considered).</p> <p>Minibus pick-up is between 9.45 – 11:30am. Lunch is at 12:30pm.</p> <p>Please bring money to pay for lunch.</p> <p>Cost of lunch ranges from £5 to £20 per course depending on the venue.</p>
			<b>Tuesday</b>	<input type="checkbox"/> <b>Tue 01/05/18</b> The Old Beams Ibsley	
			<b>Thursday</b>	<input type="checkbox"/> <b>Thurs 03/05/18</b> The New Forest Inn Lyndhurst	
			<b>Tuesday</b>	<input type="checkbox"/> <b>Tue 08/05/18</b> The True lovers knit Keyneston	
			<b>Thursday</b>	<input type="checkbox"/> <b>Thu 10/05/18</b> The Worlds End Almer	
			<b>Tuesday</b>	<input type="checkbox"/> <b>Tue 15/05/18</b> The Rising Sun Bashley	
			<b>Thursday</b>	<input type="checkbox"/> <b>Thu 17/05/18</b> The Charlton Inn	

Activity	Description	Venue & Tutors	Day & Time	Dates	Further Information/Itinerary
<b>Walking Group</b> (Energetic)	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.	Various  <b>Walk Leaders:</b> Susan Hannis, Russ Perry, Tony Harling & Bryan Harris	<b>Tuesdays</b> (Fortnightly)	<input type="checkbox"/> <b>Tue 09/01/18</b> Flag Head Chine - Bournemouth	£10 annual membership for EWG 2018 for new & existing members is due.  Details for the walk on 9th January 2018, will be sent out to paid members in the week commencing 1st January 2018
				<input type="checkbox"/> <b>Tue 23/01/18</b> Broadstone - Wimborne	
				<input type="checkbox"/> <b>Tue 13/02/18</b> Along the Cliff & Promenade	
				<input type="checkbox"/> <b>Tue 27/02/18</b> Meyrick Park & Bournemouth Gardens	
				<input type="checkbox"/> <b>Tue 13/03/18</b> Hengistbury Head	
				<input type="checkbox"/> <b>Tue 27/03/18</b> Upton Country Park	

**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 recommend that you keep the timetable for your reference; it details the specifics relating to all Project Purple courses and activities.