

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.

September 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 17 th September AM – PM		Inn in the Park, Branksome	Set Lunch Menu – two courses from £17.00 Or regular/smaller mains from £17.00/£12.50 - Service Charge may apply. - Transport £14.00
	Thursday 24 th September AM – PM		The Dorset Soldier, Corfe Mullen	Lunchtime Menu – two courses from £11.00 or Lighter appetites from £5.00 - Service Charge may apply. - Transport £14.00
GENTLE YOGA	Monday 14 th September 1:30 – 3pm Monday 21 st September 1:30 -3pm Monday 28 th September 1:30 – 3pm		Moordown Community Centre	£27 for 3 sessions

ENERGETIC WALKING GROUP	Two Tuesdays – Dates TBC Waiting List Only		Various Locations	£17.00 Annual Fee
SEATED EXERCISE	Wednesday 2nd September 1:15-2:15pm Wednesday 2nd September 2:45-3:45pm Wednesday 9th September 1:15-2:15pm Wednesday 9th September 2:45-3:45pm Wednesday 16th September 1:15-2:15pm Wednesday 16th September 2:45-3:45pm Wednesday 23rd September 1:15-2:15pm Wednesday 23rd September 2:45-3:45pm Wednesday 30th September No Class Wednesday 30th September No Class		Canford Cliffs Village Hall	£32.00 for 4 sessions

BE BALANCED EXERCISE CLASS	Thursday 3rd September No Class Thursday 10th September 2:15-3:15pm Thursday 17th September 2:15-3:15pm Thursday 24th September 2:15-3:15pm		Canford Cliffs Village Hall	£24.00 for 3 sessions
GENTLE YOGA	Friday 4th September No Class Friday 11th September No Class Friday 18th September 10:00-11:30am Friday 25th September 10:00-11:30am		Moordown Community Centre	£18 – for 2 sessions
MEMORY CLUB	Monday 7th September 10:00-12:00pm Monday 14th September 10:00-12:00pm Monday 21st September 10:00-12:00pm Monday 28th September 10:00-12:00pm		Poole	£32 – 4 sessions

MEMORY CLUB	Monday 7 th September 10:00-12:00pm Monday 14 th September 10:00-12:00pm Monday 21 st September 10:00-12:00pm Monday 28 th September 10:00-12:00pm		Christchurch	£32 – 4 sessions
MEMORY CLUB	Tuesday 1 st September 10:00–12:00pm Tuesday 8 th September 10:00–12:00pm Tuesday 15 th September 10:00–12:00pm Tuesday 22 nd September 10:00–12:00pm Tuesday 29 th September 10:00–12:00pm		Charminster	£40 – 5 sessions
MEMORY CLUB	Wednesday 2 nd September 10:00-12:00pm Wednesday 9 th September 10:00-12:00pm Wednesday 16 th September 10:00-12:00pm Wednesday 23 rd September 10:00-12:00pm Wednesday 30 th September 10:00-12:00pm		Ferndown	£40 – 5 sessions

MEMORY CLUB	Wednesday 2 nd September 13:45-15:45pm		Poole	£40 – 5 sessions
	Wednesday 9 th September 13:45-15:45pm			
	Wednesday 16 th September 13:45-15:45pm			
	Wednesday 23 rd September 13:45-15:45pm			
	Wednesday 30 th September 13:45-15:45pm			

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.