

## TAI CHI SHIBASHI IN THE COMMUNITY

For more info on any of these classes contact Friends Ageing Better on 0117 440 4301.

Day	Time	Location	Cost	Contact
<b>Monday</b> <i>Starts 13th Jan</i> <b>FORTNIGHTLY</b>	2pm – 3pm	The Cameron Centre, Gainsborough Sq, Lockleaze	£3 First session free	June Kingsley - 0117 440 4301 <a href="mailto:juneprune1@hotmail.com">juneprune1@hotmail.com</a>
<b>Monday</b>	3pm – 4pm	The Elephant House, 1 Dean Street, Bedminster BS3 1BG	Small charges apply	Mel Vowles - 0117 440 4301 <a href="mailto:vowlesmel@gmail.com">vowlesmel@gmail.com</a>
<b>Tuesday</b>	11am	Filwood Community Centre, Barnstaple Road, Bristol Bs4 1JP	£4	Teresa Dibble -0117 440 4301 <a href="mailto:teresadibble@rocketmail.com">teresadibble@rocketmail.com</a>
<b>Tuesday</b>	11.15-12pm	15-49 Fortfield Rd, Bristol BS14 9NX (Contact Daren for start date)	£5	Daren Sims - 0117 440 4301 <a href="mailto:Daren@bsad.club">Daren@bsad.club</a>
<b>Tuesday</b>	12.30-1.15	Greenway Centre Gym Doncaster Rd, Bristol BS10 5PY	£3.50	Beccy Bostock - 0117 440 4301 <a href="mailto:info@southmead.org">info@southmead.org</a>
<b>Tuesday</b>	10am-11am	Ardagh Centre on Horfield Common, The Ardagh off Kellaway Avenue, BS6 7YL	FREE	FAB - 0117 440 43 01 <a href="mailto:fab@ageukbristol.org.uk">fab@ageukbristol.org.uk</a>
<b>Tuesday</b>	3pm – 4pm	The Elephant House, 1 Dean Street, Bedminster BS3 1BG	Small charges apply	Mel Vowles - 0117 440 4301 <a href="mailto:vowlesmel@gmail.com">vowlesmel@gmail.com</a>
<b>Tuesday</b>	2.30 - 3.30pm	Folk House, 40a Park St, Bristol BS1 5JG	£2	Daren Sims - 0117 440 4301 <a href="mailto:Daren@bsad.club">Daren@bsad.club</a>
<b>Wednesday</b>	10.30 - 11.30am	Henleaze St Peters Church Hall 17 The Dr, Bristol BS9 4LD	£5	Mary Kroeber 07 981 921 013
<b>Wednesday</b>	11am – 12pm	The Redland Club, Burlington Road, Redland BS6 6TN	£3	Selina Newton 0117 946 6434
<b>Thursday</b>	10am	Westbury Village Hall, BS9 4AG	£5	Paulo Sousa - 0117 440 4301 <a href="mailto:paulosergiogracasousa@outlook.com">paulosergiogracasousa@outlook.com</a>
<b>Thursday</b> <b>MONTHLY</b>	10.15 - 11.15am	First Thursday of each month. Southville Centre, Beaulley Rd, Bristol BS3 1QG,	FREE	Janice Rossiter - 0117 440 4301 <a href="mailto:Janicerossiter51@hotmail.com">Janicerossiter51@hotmail.com</a>
<b>Thursday</b>	10am - 11am	St Werburgh's Community Centre Horley Rd, Bristol BS2 9TJ	£7 or £5 concession	Nicola Pooley <a href="mailto:nicola.ley@gmail.com">nicola.ley@gmail.com</a> 0117 440 4301
<b>Thursday</b>	2pm – 3pm	Greenfinch Lodge, Kingfisher Drive, Begbrook,BS16 1UA	New participants please check with Elaine	Elaine Irwin - 0117 440 4301 <a href="mailto:elaine.irwin@hotmail.co.uk">elaine.irwin@hotmail.co.uk</a>
<b>Saturday</b>	2pm - 3pm	Yate Leisure Centre, Kennedy Way, Yate BS37	Included in membership or £6 if not active member you can book online too	Julia Williams 0300 333 0300 (Yate Leisure Centre)