

Chaddesden Centre
Chaddesden Park
Near to New Library.



Diary of Events Summer 2018

Come along to one of our events and enjoy good company and lots of fun this Summer.

On Mondays

Ballroom Dancing

10am-12

The very popular dancing sessions re-commenced on Everyone welcome, if you are experienced or a novice. All sessions are free.

Dancing will carry on after this date, 25th June and 2nd, 9th July 2018. **These sessions will cost £4.00 per session as the funding finishes at the end of May 2018. Please note no class on 11th, 18th June, 2018.**

Tootsies

Footcare once a month for further information call 01773 766922,

4th June am, 9th July pm, 16th July am, 20th August pm, 1st October pm, 8th October am, 12th November pm, 19th November am.

WI Chaddesden

Chaddesden WI meet on the first Monday of the month at 7.30pm. Come along and enjoy fun and friendship. More info on www.chaddesdenwi.weebly.com or on Facebook or contact Janet on 603536

Enjoying Life Monday 23rd July 2018 10am til 1pm.

Be More confident.

Simple ways to boost your confidence and getting the most out of your life. £3.00 for the session.

On Tuesdays

Art Group

10am till 12. £2.00 per session. All abilities welcome to come along and share your talents. At the moment our membership has a couple of vacancies call Teresa for more information 01332 674562.

Forever Active

12.30 pm Tuesday

Forever Active is a new healthy activity programme, tailored to your specific needs. It combines continual one-to-one support and activity advice to keep you motivated

Tuesday Evenings

Chaddesden Ladies Tuesday Club.

The Chaddesden Ladies Tuesday Club meets at the Age UK Community building every Tuesday from 7.30pm to 9.00pm

Please contact Maureen on Derby 603202 for more information

On Wednesdays

Forever Active

10.30 to 11.30 is a new healthy activity programme, tailored to your specific needs. It combines one-to-one support and activity advice to keep you motivated. Activity sessions including the Healthy Bones and Energizer class. Further activity sessions across the city including walking football.

The Golden Age Group 2.00pm-4.00pm

This is one of the oldest groups using the centre and they are a Social Group enjoying one another's company with Bingo, outings etc. New members welcome

11th July 2018 Summer Fayre 10.00 – 12.pm

We will be holding our annual summer on Wednesday 11th July everyone is welcome, there will be Tombolas, Raffles and stalls with Bric a Brac, Nearly New, Jewellery, Cards, etc. Come along and help support your Local Age UK Community Centre.

On Thursdays

Chair-based Exercise 9.45-10.45

Gentle chair exercise set to music suitable for all abilities and set at your own pace, Includes breathing and relaxation. Sessions are £3.50.

Weekly Lunch Group

Donation £3.50 (Waiting List). Two course lunch and a game of bingo for those who want to join in.

11 am to 1pm

Computer Club Thursday 1.30-3.30

£3.50 each class.

Bring your gadget-smart, tablet, iPad or laptop to this friendly and informal club and get the advice to use it successfully. Come along learn new skills and become part of the digital age **Contact Sharon Wright 07801417493**

Thursday Evening

Hatha Yoga 7-8.15pm Weekly

Classes are suitable for all levels of ability, come and join us
Sessions are £6.00 each class (first class half price) or £20
for 4. **Contact Gabrielle Rose on 07923
608938**

On Fridays

Weekly -Rock of All Ages Choir. 11.30am

Everyone welcome
£3.50 cost per session

On Fridays and Saturdays

Weekly Bowling Club

(Indoor from October to March)
Enquiries welcome

Please contact Teresa at the Chaddesden Centre

01332 674562

On Chaddesden Park near to the Library