Chaddesden Centre

Chaddesden Park

Near to New Library.

**Diary of Events**

**SPRING /SUMMER 2023**

**We have lots different events and groups that can help you make some new friends and enjoy some new company.**

**On Mondays**

**Monday Morning Tea Dance**

**10am till 12pm**

The weekly session fee is **£3**. Tea/Coffee 50p

A friendly get together enjoying a dance and learning dance basics. Advisable to phone for dates and availability 01332 674562

**‘Tootsies’ Footcare**

Affordable footcare once a month for over 50s. For further information call 01773 766922**.**

**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](http://www.chaddesdenwi.weebly.com) or on Facebook or contact Janet on 603536.

**On Tuesdays**

**Art Group**

**10am till 12pm**

**£2.00** per session. All abilities welcome to share your talents. At the moment our membership has a couple of vacancies. Call Di for more information 01332 674562.

**Forever Active**

**12.30pm**

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.

**Chaddesden Ladies Tuesday Club**

**2.15pm till 3.45pm**

The Chaddesden Ladies Tuesday Club meet every week at the Age UK DD community building.

Please contact Maureen on 01332 603202 for more information

**On Wednesdays**

**Forever Active**

**10.30am till 11.30am**

Thisis 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 Happy Lungs Social Group**

**7pm till 9pm**

Every 3rd Wednesday of the month. Contact Diane on 01332 674562

**On Thursdays**

**Weekly Lunch Group**

**11 am till 1pm**

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

**Thursday Afternoon Craft Group**

**1.30pm till 3.30pm**

Come along with your own Craft or look to start one .

Contact the Centre 01332 674562 for details

**Hatha Yoga**

**7pm till 8.15pm**

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**

**Friday Friends**

**10am till 12pm**

Come and enjoy some tea and toast and have a natter. No booking required and all will receive a warm welcome.

**Rock of All Ages Choir.**

**11.30am**

Now practice at the Jubilee Club Chaddesden

Everyone welcome

£3.50 cost per session



**On Fridays and Saturdays and Sundays**

**Please ask for availability on these days. We do sometimes hold one off weekend events but some of the dates will be free.**

**Contact the Centre 01332 674562**

**Weekly Bowling Club**

(Indoor from October to the end of March)

Enquiries welcome

**Please contact Di at the Chaddesden Centre**

**01332 674562**

**On Chaddesden Park near to the Library**

**Look out and “Like” for extra Events throughout the year on the**

**Age UK Derby and Derbyshire Facebook Page**

**May 2023**

Charity Number 1068550