

Chaddesden Centre  
Chaddesden Park  
Near to New Library.



## Diary of Events SPRING 2020

**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**

**£3.00**

Tea/Coffee 50p

A weekly session fees are £3. 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 12**

£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**

**12.30 pm**

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 to 3.45pm**

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

Please contact Maureen on Derby 603202 for more information.

### **Baby Ballet**

**4.30 to 5.30pm**

### **Rock Box Fitness**

**7.15 pm to 8.15 pm**

Contact Fay for details 07792 351282

## **On Wednesdays**

### **Forever Active**

**10.30 to 11.30am**

This 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.

### **The Happy Lungs Social Group**

**7pm till 9pm**

Every 3<sup>rd</sup> Wednesday of the month. Contact Diane on 01332 674562

## **On Thursdays**

### **Weekly Lunch Group**

**11 am to 1pm**

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

### **Dance Basics**

**6pm till 7pm**

Dance tuition. A chance to learn basic ballroom and social dance steps. Contact Tony Waldron 07821 236461

### **Hatha Yoga**

**7-8.15pm**

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**

**AVAILABLE TO HIRE** 9am till 12pm.  
Contact Diane 01332 674562 for details

## **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**

### **Weekly Bowling Club**

(Indoor from October to March)  
Enquiries welcome

## **On Sundays**

### **Sunday lunch and sing-along**

**12.30 To 3.30**

£3.50 plus raffle available

Usually the second Sunday of every Month we hold a monthly Sunday  
Lunch and Sing a Long.

Need to book in advance, so always ring for availability on 01332  
674562

**Please contact Di at the Chaddesden Centre**

**01332 674562**

**On Chaddesden Park near to the Library**