

Chaddesden Centre
Chaddesden Park
Near to New Library.



Diary of Events SPRING 2022

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 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 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.

Rock Box Fitness

7.15pm to 8.15pm

Contact Fay for details 07792 351282

On Wednesdays

Forever Active

10.30am 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 to 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 3rd 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.

Hatha Yoga

7pm-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

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**