

Chaddesden Centre
Chaddesden Park
Near to New Library.



Diary of Events AUTUMN 2019

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

On Mondays

Ballroom Dancing

10am till 12pm

Tea/Coffee 50p

To reserve your place a fee of £6 for your first session is payable in advance. Then weekly session fees are £3 paid one week in advance. Advisable to phone for dates and availability.

Tootsies

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 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 Community building.

Please contact Maureen on Derby 603202 for more information.

Baby Ballet

4.30 to 5.30

AVAILABLE TO HIRE from 6 pm Tuesdays

On Wednesdays

Forever Active

10.30 to 11.30

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 3rd Wednesday of the month. Contact Diane 01332 674562 for details

AVAILABLE TO HIRE - Remaining Wednesdays after 4pm

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.

AVAILABLE TO HIRE 2pm till 6.30 pm. Contact Diane 01332 674562 for details

Thursday Evenings

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

Please contact Di at the Chaddesden Centre

01332 674562

On Chaddesden Park near to the Library