

Chaddesden Centre
Chaddesden Park
Near to New Library.



Diary of Events WINTER 2019

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

On Mondays

Ball Room Dancing

Starting 4th February; and then the 18th and 25th February

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 in March 2019 and thereafter

Tootsies

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

4th and 11th February; 18 & 25th March

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

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

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

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

11 am to 1pm

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

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 07801 417493

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

Computer Club Friday

10am till 12pm £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 07801 417493

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