

Activity & Social Sessions

Forget Me Not Group

For carers and service users

Wareham	Wareham Rugby Club	Mon 10.30-12.00	£2.50 per person
Swanage	Emmanuel Baptist Church	Weds 10.30-12.00	£2.50 per person
Dorchester	HQ – Poundbury	Mon 13.30-15.00	£2.50 per person

Pilates Classes

For all ages and abilities

Dorchester	HQ - Poundbury	Tue 12.00-12.45	£6 per session
Dorchester	HQ - Poundbury	Thurs 09.15-10.00	£6 per session – NEW From 12th March

Seated Exercise

Gentle Movement to Music

Dorchester	HQ – Poundbury	Tue 13.30-14.30	£5 per session
Dorchester	HQ – Poundbury	Thur 13.00-13.45	£5 – NEW From 12th March
Charminster	Chestnut Court	-----	Residents Only
Stalbridge	Village Hall	Tue 13.00-13.45	£5 per session
Dorchester	Glencairn House	Tue 14.00-14.45	£5 per session
Portesham	Village Hall	Tue 13.00-13.45	£5 per session
Dorchester	Somerleigh Crt	Thur 14.00-14.45	Residents Only
Weymouth	Bethany Hall	Tue 15.00 – 15.45	£5 per session – Starts April
Online	-----	Thur 10.00-11.00	£4 per session

Dementia Day Service

Sessions designed for those potentially with Dementia / respite for carers

Dorchester	HQ - Poundbury	Weds 13.30-16.30	£25 per session
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Brain Training

Designed to improve cognitive functions—such as memory, attention and problem-solving

Bridport	Bridport Youth Centre	Tue 13.30-14.30	£6 per session
Dorchester	HQ - Poundbury	Thurs 14.30-15.30	£6 per session
Blandford	British Legion	Thurs 11.30-12.30	£6 per session
Weymouth	The Acorns	Weds 13.30-14.30	£6 per session
Weymouth	Bethany Hall	Tue 15.45 – 16.45	£6 per session – Starts April

Coffee Club

Opportunity to socialise and meet new people

HQ	Poundbury	Thurs 10.30-12.00	£2.50 per person
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To Book Call **01305 269 444** or email wellbeing@ageuknswd.org.uk