



Expand your skills,
make friends and
have fun



Expand your skills, make friends and have fun. Whether you'd like to learn how to go online, find out more about local history, improve your fitness or simply get out of the house and meet people, there's a local course or activity that's right for you. Age UK Northamptonshire provides a variety of courses and activities for local older people.

The next few pages provide details of these activities. If you have an idea of a new course you would like to see in your area, whether you're an individual or a group we would like to hear from you. All new classes will be subject to demand.





Keep Fit

Abington Keep fit

Tuesdays, 11am-12 noon.

Abington. £3 pay as you go.

Keep fit sessions led by a professional instructor.

Tai Chi

Tuesdays, 11.30am-12.30pm.

Kingsthorpe. £28 for a six-week term. An excellent way to exercise and develop your strength and balance.

Aquafit

Fridays, 10am-11am.

The Mounts Baths Leisure Centre. £30 for a seven-week term.

Enjoyable pool exercise and swimming.

Seated exercise

Chair-based exercises, expertise in gentle exercise for survivors of a stroke.

Wednesdays, 11.30am-

12.30pm. £2.50 a session. Toller Church, Kettering.

Wednesdays, (fortnightly),

2pm-3pm. £1 a session.

John Yeomans Court, Burton Latimer.

Wednesdays, (fortnightly),

4pm-5pm. £1 a session. Martha Wallis Court, Kettering.

Fridays, 10am-11am.

£2 a session. Baptist Church, Burton Latimer.

Fridays, 2pm-3pm. £1 a session.

Cleaver Court, Kettering.



Courses and Clubs

Bridge Club – beginners and improvers

Tuesdays, 10am-12 noon.
Age UK Northamptonshire,
31 Billing Road. £3 pay as you go. Come along and be part of a thriving and friendly club.

Tracing your family tree

Tuesdays, 1.30pm-3.30pm.
Age UK Northamptonshire,
31 Billing Road. £50 for a ten-week term. Who do you think you are? What will you find out?



The Photography Club

Last Wednesday of every month, 10am-12 noon.

Age UK Northamptonshire,
31 Billing Road. £3 pay as you go. From SLR to digital.

Art

Thursdays, 10am-12 noon.

Age UK Northamptonshire,
31 Billing Road. £4.50 pay as you go.

Whist Club – beginners and improvers

Fridays, 10am-12 noon.

Age UK Northamptonshire,
31 Billing Road. £3 pay as you go. This is a fun, informal group led by experienced players.



Wellbeing Groups

Harpole Get Set Go

Every fortnight on a Wednesday, 10am-12 noon.
£2.50 pay as you go. A lively programme of exercise activities, led by professional tutors.

Hollowell Wellbeing Group

Thursdays, 10am-12 noon
£50 for a 10-week term. Stimulating two hour programme of exercise, therapies and talks by guest speakers on a variety of subjects.

Our community wellbeing and Get Set go programmes run in partnership with Growing Together, with groups in the Northampton Eastern District. These are lively stimulating weekly sessions of activities, discussions and exercises aimed at bringing communities together to prevent isolation and loneliness.

Locations: Blackthorn, Goldings, Weston Favell

If you would like to set up a group in your area do not hesitate to give us a call.



Computer Courses

Computer classes –
basic and improvers

Tuesdays and Thursdays,
*10.30am-12.30pm. Age UK
Northamptonshire, 31 Billing
Road. £70 for a ten-week term.*

Feel like you need a few tips
on using a computer, iPad or
tablet? Pop along to this
course to find out more and
learn new skills.





Pre-retirement courses

Our pre-retirement courses are stimulating, fun and informative sessions for people approaching retirement and their partners.

The two-day courses are usually paid for by the retiree's employer.

Courses cover topics including:

- health and wellbeing
- exercise
- home security
- insurance
- your legal rights
- money management
- money benefits
- 50+ lifetime activities

Please note there is very limited parking at 31 Billing Road.

However, the Lifetime Office may be able to make arrangements for Orange or Blue Badge holders.

If you are interested in attending any of the courses call **01604 611200**.

lifetimeproject@ageuknorthants.org.uk
or **kate.kingston@ageuknorthants.org.uk**



We need your feedback

Please give us a call to register your interest in any of the classes in this booklet or with suggestions and ideas for new activities, these could include:

- Computers: make more use of your computer, mobile phone, iPad or tablet
- Skype, Facebook, eBay, shopping online, photograph storage
- Nordic walking
- Dance classes
- Scrabble.

All new classes would be subject to demand

If you would like to find out more about Age UK Northamptonshire's wide range of services and advice, please ring the Service Advice Team direct on **0845 677 2220**.

If you are interested in Volunteering for Age UK Northamptonshire please call **01604 611200**.

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