

DORE AND TOTLEY PEOPLE KEEPING WELL ACTIVITY TIMETABLE

Activity	Location	Date/Time	Booking required
Exercise To Music Class	Dore and Totley United Reformed Church	Mondays 2.30pm-3.30pm + Coffee	No booking required * Transport 17 now available numbers permitting*
Body Conditioning Class	Dore and Totley United Reformed Church	Thursdays 2.30pm-3.30pm +Coffee	No booking required
Sporting Chatter	Totley Library	Every other Friday 10.00am-12.00pm Jan 17 th , 31 st Feb 14 th , 28 th March 13 th , 27 th	No booking required
Sporting Chatter Cinema (Sport docs and films)	Totley Library	Every other Thursday - Start date to be confirmed	No booking required
Table Tennis	Bradway Community Hall	Thursdays 3pm-5pm and Fridays 7pm-9pm	No booking required
'Write Your Story' Sessions run by Published author Jude Brown	Fairthorn Retirement Apartments, Townhead Road, Dore	Start Date Not yet confirmed	* Booking required Transport 17 now available numbers permitting*
Community Wellness Service 'Back to Sport' programme (6 weeks of taster walking sports) £5 per session	To be confirmed	Second course dates not yet confirmed. Please contact us to be added to the wait list	Booking Required
All Abilities gentle Yoga	New dates and location still to be confirmed	Second course dates not yet	No booking required

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Dore and Totley Outdoor Task Force Including Totley Library Gardening and Litter Picking in Dore and Totley	Totley – Totley Library Dore – King Egbert School Library Gardening – Totley Library	Various dates throughout the year 2020 dates available	Please contact Joanna Woodward as to how to book onto sessions – it’s very easy and quick to do
Rosemary Memory Cafes are created for anyone living with memory loss and their carers and families	<ul style="list-style-type: none"> ▪ Dore: Dore Methodist Church Hall on Savage Lane. ▪ Totley: All Saints Totley Church Hall on Totley Hall Lane. 	3 rd Tuesday of each month 2 nd and 4 th Tuesday of each month	Everyone is welcome and the sessions are free to attend, but there will be a small charge for refreshments (£1 per person)
Intergenerational singing project	To be confirmed	January 2020 start date still to be confirmed	*Booking required Transport 17 now available numbers permitting*
Carers Café	Dore and Totley United Reformed Church	First Wednesday of every month	No booking required
Live Life Better 6 week healthy lifestyle programme	Totley Rise Methodist Church	Thursday Evenings	Contact 01145537807 for more details

For all queries and bookings: Call 0114 250 2850 or email Joanna at joanna.woodward@ageuksheffield.org.uk

Please note: People of all ages, abilities and mobilities are welcome!