

## DORE AND TOTLEY PEOPLE KEEPING WELL ACTIVITY TIMETABLE

Exercise To Music Class	Dore and Totley United Reformed Church	Mondays 2pm-3pm + Coffee	No booking required <b>*Door to door Transport now available*</b>
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 10am-12pm 29 <sup>th</sup> of March, 12 <sup>th</sup> April, 26 <sup>th</sup> April, 10th May, 24 <sup>th</sup> May, 7 <sup>th</sup> June, 21 <sup>st</sup> June	No booking required
Sporting Chatter Cinema ( Sport docs and films )	Totley Library	Every other Thursday morning- 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 –To be confirmed	<b>Booking required</b> <b>*Door to door transport now available*</b>
Yoga Class	Abbeydale Sports Centre	Fridays at 3.30pm + Coffee – Starting 29 <sup>th</sup> March	No booking required
Community Wellness Service 'Back to Sport' programme	Abbeydale Sports Centre	Start date To Be confirmed	Booking Required



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<p>Rosemary Memory Cafes</p>	<ul style="list-style-type: none"> <li>▪ <b>Dore:</b> Dore Methodist Church Hall on Savage Lane.</li> <li>▪ <b>Totley:</b> All Saints Totley Church Hall on Totley Hall Lane.</li> </ul>	<p>Starting on May 7th first and the third Tuesdays of each month</p> <p>Starting second and fourth Tuesday of each month on May 14<sup>th</sup></p>	<p>Everyone is welcome and the sessions are free to attend, but there will be a small charge for refreshments (£1 per person).</p> <p><b>Booking Required</b></p> <p><b>*Door to Door Transport available *</b></p>
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**FOR ALL QUERIES AND BOOKINGS CALL 0114 250 2850 OR EMAIL JOANNA AT [joanna.glaves@ageuksheffield.org.uk](mailto:joanna.glaves@ageuksheffield.org.uk) ALL AGES, ABILITIES AND MOBILITY'S WELCOME!!**