Ageing Well - in Somerset
Health & Well-being sessions for older adults

The sessions listed in this booklet are good for improving balance, flexibility, co-ordination and strength. Also for meeting like-minded people and having fun! See the back page for more information. You don’t have to commit to attending sessions - just turn up and pay as you go.

For further information about these sessions, our sessions in North Somerset, if you are interested in Volunteering, or if you have any suggestions, please contact:

the Ageing Well Team on 01823 345626
or email ageingwell@ageuksomerset.org.uk

Some sessions have a break over the holidays - please contact us to check. For the most up to date information please visit www.ageuksomerset.org.uk

Registered Charity: 1015900
Info correct as at 25th November 2019
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<thead>
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<th>Service Type</th>
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In addition to the sessions listed in this booklet we also organise Chair-based Flexercise sessions and sessions across North Somerset. **Please let us know if you would like information**
Sessions in Mendip

Chair-based Mature Movers - Frome (Two sessions)
*Fun gentle exercise session. Suitable for all abilities.*

**Where?** Frome Medical Practice, Enos Way, Frome BA11 2FH

**When?**
- Mondays 12pm –1pm (spaces available)
- Fridays 10am-11am (class full –please contact us to join)

**Cost?** £4.50

Stay Strong Stay Steady - Frome
*Improves balance and muscle strength, reducing risk of falls.*

**Where?** Christchurch Parish Hall

**When?** See page 22 for more information & contact us.

**Cost?** £4

Tai Chi, Shibashi, for Health - Nunney
*Slow, easy to follow, gentle movements and breathing.*

**Where?** Nunney Village Hall BA11 4NR

**When?** Wednesdays 10am-11am

**Cost?** £4.50

Mature Movers - Shepton Mallet
*Fun gentle exercise session. All welcome.*

**Where?** The Parish Room, St Michael’s Church, 6 Park Road, Shepton Mallet BA4 5BP

**When?** Thursdays 10:30am-11:30am *No classes on the 1st Thursday of every month*

**Cost?** £4.50

For more information on these classes, or if you have ideas for new ones, please call 01823 345626 or email ageingwell@ageuksomerset.org.uk
Stay Strong, Stay Steady - Street

*Improves balance and muscle strength, reducing risk of falls.*

Where? Crispin Community Centre, 4 Leigh Road, Street BA16 0HA

When? See page 22 for more information & contact us.

Cost? £4

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Tai Chi Shibashi - Wells

*Slow, gentle movements which are great for body and mind.*

Where? Wells Town Hall, Market Place, Wells BA5 2RB

When? Fridays 2:45pm-3:45pm

Cost? £4.50

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Extend - Movement to Music - Wells


Where? Town Hall, Market Place, Wells, BA5 2RB

When? Tuesdays 10am-11am

Cost? £4.50

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Stay Strong, Stay Steady - Wells

*Improves balance and muscle strength, reducing risk of falls.*

Where? Town Hall

When? See page 22 for more information & contact us.

Cost? £4

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For more information on these classes, or if you have ideas for new ones, please call 01823 345626 or email ageingwell@ageuksomerset.org.uk
Sessons in Sedgemoor

Tai Chi Qi Gong- Bridgwater

*Good for balance, co-ordination and leg strength.*

Where  Wembdon Parish Centre

When?  Mondays 11am –12pm

Cost?  £4.50

Mature Movers - Bridgwater

*Gentle exercise to music. Choreographed, fun and lively, mainly standing with a seated element.*

Where?  Westfield Church Hall, West Street, Bridgwater TA6 7EU

When?  Tuesdays 2:30pm-3:30pm

Cost?  £4.50

Tai Chi - Bridgwater

*Slow movements, focusing on breathing & the mental component of training as opposed to vigorous bodily movements. Good for balance, co-ordination and leg strength.*

Where  YMCA, Friarn Avenue, Bridgwater TA6 3RF

When?  Class is currently full—please contact us to join waiting list.

Cost?  £5

Yoga, Stretch & Flex - Bridgwater

*Gentle Yoga session.*

Where?  Sydenham Community Centre, Parkway, Bridgwater TA6 4QZ

When?  Class is currently full—please contact us to join waiting list.

Cost?  £4

For more information on these classes, or if you have ideas for new ones, please call 01823 345626 or email ageingwell@ageuksomerset.org.uk
Stay Strong, Stay Steady - Bridgwater

*Improves balance and muscle strength, reducing risk of falls.*

Where? St George’s Parish Centre, Church Rd, Wembdon TA6 7RR
When? See page 22 for more information & contact us.
Cost? £4

Shibashi Tai Chi—Brent Knoll

*Gentle exercise session to balance body and mind.*

Where? Brent Knoll Village Hall, Brent St, Brent Knoll TA9 4EH
When? Mondays 11am-12pm (Class full—please contact us to join the waiting list)
Cost? £3

Stay Strong, Stay Steady - Burnham on Sea

*Improves balance and muscle strength, reducing risk of falls.*

Where? Community Centre, Chichester Close TA8 2AR
When? See page 22 for more information & contact us.
Cost? £4

Sessions in Sedgemoor

Yoga, Stretch and Flex - Axbridge

*Seated Yoga session. Combines breathing, relaxation, & movements to balance the mind & improve flexibility.*

Where? Axbridge Town Hall, The Square, Axbridge BS26 2AP
When? Mondays 10am-11am
Cost? £4.50

For more information on these classes, or if you have ideas for new ones, please call 01823 345626 or email ageingwell@ageuksomerset.org.uk
Sessions in Sedgemoor (continued)

Flexercise - Active in Age - Cannington

*Gentle chair based fun activity session.*

<table>
<thead>
<tr>
<th>Where?</th>
<th>United Reform Church, High St, Cannington TA5 2FH</th>
</tr>
</thead>
<tbody>
<tr>
<td>When?</td>
<td>Mondays 2:00pm-3:00pm</td>
</tr>
<tr>
<td>Cost?</td>
<td>£2.00</td>
</tr>
</tbody>
</table>

Tai Chi QiGong - Cannington

*Gentle movements balancing body and mind.*

<table>
<thead>
<tr>
<th>Where?</th>
<th>United Reform Church, High St, Cannington TA5 2FH</th>
</tr>
</thead>
<tbody>
<tr>
<td>When?</td>
<td>Starts 9th January 2020—Thursdays 10:45am-11:45am</td>
</tr>
<tr>
<td>Cost?</td>
<td>£3.00</td>
</tr>
</tbody>
</table>

Extend - Movement to Music - Cheddar

*Suitable for the older adult and those less able. Uplifting and fun! Seated & standing elements to help balance, co-ordination & circulation.*

<table>
<thead>
<tr>
<th>Where?</th>
<th>Cheddar Village Hall, Church Street, Cheddar BS27 3RA</th>
</tr>
</thead>
<tbody>
<tr>
<td>When?</td>
<td>Fridays 2:00pm-3:00pm</td>
</tr>
<tr>
<td>Cost?</td>
<td>£4.50</td>
</tr>
</tbody>
</table>

Shibashi Tai Chi - Chilton Polden

*Shibashi Tai Chi. Gentle, repeated movements which are easy to follow and great for mind and body. No experience necessary.*

<table>
<thead>
<tr>
<th>Where?</th>
<th>Village Hall, Priory Road, Chilton Polden TA7 9EH</th>
</tr>
</thead>
<tbody>
<tr>
<td>When?</td>
<td>Fridays 2pm-3pm</td>
</tr>
<tr>
<td>Cost?</td>
<td>£4.50</td>
</tr>
</tbody>
</table>

For more information on these classes, or if you have ideas for new ones, please call 01823 345626 or email ageingwell@ageuksomerset.org.uk
Tai Chi - Highbridge

Slow movements, focusing on breathing and the mental component of training. Good for balance, co-ordination and leg strength.

Where? Community Hall, Market Street, Highbridge, TA9 3BW
When? Thursdays 12noon-1pm
Cost? £4.50

Mature Movers - Nether Stowey

Movement to Music, choreographed, fun and lively, mainly standing with a seated element. No previous experience necessary.

Where? Nether Stowey Village Hall, Lime Street, TA5 1NH
When? Wednesdays 1:00pm-2:00pm
Cost? £4.50

Mature Movers - Pawlett

Fun, fairly active movement to music. Led by an experienced teacher, this session is good for improving balance, coordination and strength.

Where? Pawlett Village Hall TA6 4RY
When? Tuesdays 2pm-3pm
Cost? £4.50

Flexercise - Spaxton

Gentle chair-based fun and activity session. All welcome.

Where? Spaxton Village Hall, High Street, Spaxton TA5 1BS
When? Fortnightly on Wednesdays 3pm-4pm.

Cost? £2
Sessions in South Somerset

Mature Movers - Chard

*Choreographed, fun and lively, mainly standing with some seated.*

Where? Guildhall, Fore Street, Chard, TA20 1PP
When? Mondays 10am-11am (class full—please contact us to join waiting list) and
Cost? £4.50

Stay Strong, Stay Steady - Chard

*Improves muscle strength and balance to reduce risk of falls.*

Where? The Guildhall, Fore Street, Chard TA20 1PP
When? See page 22 for more information & contact us.
Cost? £4.00

Tai Chi QiGong - Chard

*Gentle exercise session with easy to follow movements, calming the mind and aiding relaxation.*

Where? St Mary’s Church Centre, Holyrood Street, Chard TA20 2DN
When? Starts 13th January 2020 - Mondays 2:30pm—3:30pm
Cost? £3.00

For more information on these classes, or if you have ideas for new ones, please call 01823 345626 or email ageingwell@ageuksomerset.org.uk
Chair based Mature Movers - Crewkerne

*Chair based movement to music exercise class.*

**Where?** Bowhayes Lodge, Furland Road, Crewkerne TA18 8DD  
**When?** Thursdays 11am-12noon  
**Cost?** Suggestion donations £1

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Stay Strong, Stay Steady - Ilminster

*Special sessions to specifically improve balance and muscle strength, reducing risk of falls.*

**Where?** Muchelney House, Abbots Close, Ilminster TA19 0EF  
**When?** See page 22 for more information & contact us.  
**Cost?** £4

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Seated Yoga, Stretch and Flex - Langport

*Gently combines breathing and relaxation movements to balance the mind and improve flexibility.*

**Where?** Great Bow Wharf, Bow Street, Langport, TA10 9PN  
**When?** Mondays 9:30am-10:30am  
**Cost?** £4.50

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For more information on these classes, or if you have ideas for new ones, please call 01823 345626 or email ageingwell@ageuksamerset.org.uk
Stay Strong, Stay Steady - Langport

Gentle exercise sessions to increase muscle strength and improve balance, reducing falls.

Where? Ridgway Hall, Bow Street, Langport TA10 9PR
When? Thursdays—by referral—please contact us to join
Cost? £4.00

Tai Chi - Martock

Gentle exercise focusing on breathing to aid relaxation.

Where? Martock Parish Hall, Church Street, Martock TA12 6JL
When? 2 Sessions on Tuesdays. Both classes full - contact us to join
Cost? £2.50 suggested donation

Seated Yoga, Stretch and Flex - Martock

Combines breathing and relaxation movements to balance the mind and improve flexibility.

Where? Martock Parish Hall, Church Street, Martock, TA12 6JL
When? Wednesdays 11.30am-12:30pm
Cost? £4.50

For more information on these classes, or if you have ideas for new ones, please call 01823 345626 or email ageingwell@ageuksomerset.org.uk
### Sessions in South Somerset (continued)

**Stay Strong, Stay Steady - Martock**

*Gentle exercise to improve strength and balance, reducing falls.*

<table>
<thead>
<tr>
<th>Where?</th>
<th>Bearley House, East Street, Martock TA12 6LZ</th>
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<tbody>
<tr>
<td>When?</td>
<td>See page 22 for more information &amp; contact us.</td>
</tr>
<tr>
<td>Cost?</td>
<td>£4</td>
</tr>
</tbody>
</table>

**Mature Movers - Martock**

*Gentle, fun exercise sessions designed for older adults.*

<table>
<thead>
<tr>
<th>Where?</th>
<th>Martock Parish Hall</th>
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<tbody>
<tr>
<td>When?</td>
<td>Wednesdays 2:30pm-3:30pm (not running on the 2nd Wednesday of each month, 20th November or 11th Decem-</td>
</tr>
<tr>
<td>Cost?</td>
<td>£4.50</td>
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</table>

**Extend - Movement to Music - Somerton**

*Suitable for the older adult & those less able. This fun session involves music, both seated & standing elements & helps balance, co-ordination and circulation.*

<table>
<thead>
<tr>
<th>Where?</th>
<th>Somerton Parish Rooms, Market Square, TA11 7NB</th>
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<tbody>
<tr>
<td>When?</td>
<td>Mondays 10:15am-11:15am</td>
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<tr>
<td>Cost?</td>
<td>£4.50</td>
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</table>

**Gentle Pilates - Somerton**

*Improve flexibility & co-ordination. A mix of standing and seated movements using mats and chairs - whichever suits the individual.*

<table>
<thead>
<tr>
<th>Where?</th>
<th>Somerton Parish Rooms, Market Square, TA11 7NB</th>
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</thead>
<tbody>
<tr>
<td>When?</td>
<td>Fridays, 11.30am-12.30pm</td>
</tr>
<tr>
<td>Cost?</td>
<td>£4.50</td>
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</table>

For more information on these classes, or if you have ideas for new ones, please call 01823 345626 or email ageingwell@ageuksomerset.org.uk
Sessions in South Somerset (continued)

Stay Strong, Stay Steady - Somerton

Special sessions to specifically improve balance and build muscle strength, reducing risk of falls.

Where? The Wessex Rooms, Broad Street, Somerton TA11 7ND
When? See page 22 for more information and contact us.
Cost? £4

Stay Strong, Stay Steady - South Petherton

Special sessions to specifically improve balance and muscle strength, reducing risk of falls.

Where? Pitway Community Rooms, South Petherton, TA13 5AW
When? See page 22 for more information and contact us.
Cost? £4

Seated Yoga, Stretch and Flex - South Petherton

Seated Yoga session. Combines breathing and gentle relaxation movements to balance the mind and improve flexibility.

Where? Methodist Church Hall, Palmer Street, TA13 5DB
When? Wednesdays 2:15pm-3:15pm
Cost? £4.50

Stay Strong, Stay Steady - Wincanton

Gentle exercise session to improve strength and balance, reducing the likelihood of falls.

Where? Wincanton Memorial Hall, Wincanton BA9 9JX
When? See page 22 for more information & contact us.
Cost? £4.00

For more information on these classes, or if you have ideas for new ones, please call 01823 345626 or email ageingwell@ageuksomerset.org.uk
Shibashi Tai Chi for Health - Milford Hall, Yeovil

*Gentle, repeated movements which are easy to follow and great for mind and body. Can be done seated or standing. All welcome.*

**Where?** Milford Hall, Milford Road, Yeovil BA21 4QD  
**When?** Tuesdays 10:00am-11:00am  
**Cost?** £2.50

Shibashi Tai Chi for Health - St John’s, Yeovil

*Gentle, repeated movements which are easy to follow and great for mind and body. Can be done seated or standing.*

**Where?** St John’s Road Retirement Living Scheme, BA21 5QA  
**When?** Thursdays 11:30am-12:30pm  
**Cost?** Suggested donation £2

Stay Strong, Stay Steady - Yeovil

*Special sessions to specifically improve balance and muscle strength, reducing risk of falls.*

**Where?** More than one session.  
**When?** See page 22 for more information & contact us.  
**Cost?** £4

Movement to Music - Yeovil

*Movement to Music session. All welcome.*

**Where?** Milford Hall, Milford Road, Yeovil, BA21 4QD  
**When?** Mondays 10:30am-11:30am  
**Cost?** £4.50

For more information on these classes, or if you have ideas for new ones, please call 01823 345626 or email ageingwell@ageuksomerset.org.uk
Sessios in Taunton Deane

**Flexercise - Bishops Hull**
*Gentle fun chair based session.*

Where?  Malthouse Court, Bishops Hull, TA1 5HN  
When?  Mondays 2:30pm-3:30pm  
Cost?  £2.00

**Flexercise - Bishops Lydeard**
*Fun, gentle chair based session. All welcome.*

Where?  Village Hall, Mount Street, Bishops Lydeard, TA4 3LH  
When?  Mondays 2pm-3.30pm  
Cost?  £2.00

**Tai Chi - Norton Fitzwarren**
*Tai Chi session. Slow movements and breathing - helps to reduce falls as good for balance, co-ordination and leg strength.*

Where?  Village Hall, Station Road, Norton Fitzwarren, TA2 6RQ  
When?  Mondays 1:30pm-2:45pm  
Cost?  £4.50

For more information on these classes, or if you have ideas for new ones, please call 01823 345626 or email ageingwell@ageuksomerset.org.uk
Sessions in Taunton Deane (continued)

Flexercise - Lisieux Way, Taunton

*Gentle fun chair-based session. All welcome.*

Where? Methodist Church Hall, Lisieux Way, Taunton, TA1 2LB
When? Mondays (Class currently full—please contact us to join the waiting list.
Cost? £2.00

Mature Movers - Taunton

*Mature movers session. Movement to Music, choreographed, fun and lively, mainly standing with a seated element. All welcome.*

Where? YMCA, Lisieux Way, Taunton, TA1 2BL
When? Tuesdays 10:00am-11:00am
Cost? £4.50

Tai Chi QiGong - Taunton

*Gentle movements and a focus on breathing.*

Where? Trident Centre, Galmington Road, Taunton TA1 5NN
When? Class is currently full, contact us to go on the waiting list.
Cost? £3

Stay Strong, Stay Steady - Taunton

*Improves balance and muscle strength, reducing risk of falls.*

Where? Kilkenny Court, Station Approach, Taunton, TA2 7QL
When? See page 22 for more information & contact us.
Cost? £4
Stay Strong, Stay Steady - Galmington, Taunton

Improves balance and muscle strength, reducing risk of falls.

Where? Trident Community Centre, Galmington TA1 5NN
When? See page 22 for more information & contact us.
Cost? £4

Flexercise - Galmington, Taunton

Gentle fun chair based exercise session. Tea/coffee available after.

Where? Trident Community Centre, Galmington Road, Taunton TA1
When? Tuesdays 2:30pm-3:30pm
Cost? £2

Stay Strong, Stay Steady - Taunton

Special sessions to specifically improve balance and muscle strength, reducing risk of falls.

Where? Comeytrowe Community Hall, Pitts Close, Taunton TA1 4TY
When? See page 22 for more information & contact us.
Cost? £4

Mature Movers - Scout HQ, Wellington

Mature movers session. Movement to Music, choreographed, fun and lively, mainly standing with a seated element.

Where? The Scout HQ, 6 Fore Street, Wellington, TA21 8AQ
When? Tuesdays 10am-11am
Cost? £4.50

For more information on these classes, or if you have ideas for new ones, please call 01823 345626 or email ageingwell@ageuksomerset.org.uk
Stay Strong, Stay Steady - Wellington

*Improves balance and muscle strength, reducing risk of falls.*

**Where?** Lodge Close, Wellington, TA21 8JN  
**When?** See page 22 for more information & contact us.  
**Cost?** £4.00

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Tai Chi Shibashi for Health - Wellington

*Shibashi Tai Chi. Gentle, repeated movements which are easy to follow and great for mind and body. Can be done seated or standing.*

**Where?** Lodge Close, Wellington, TA21 8JN  
**When?** Mondays 1:45pm-2:45pm & 3pm-4pm (both classes full)  
**Cost?** £4.50

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Social Boccia and Kurling - Wellington

*Friendly social activities, can be done seated or standing.*

**Where?** Wellington Rugby Club, Corams Lane, TA21 8LL  
**When?** Wednesdays 11:00am-12noon  
**Cost?** £2

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Chair based Mature Movers - Wellington

*Fun session, suitable for all abilities. Wide range of movements, some balance and co-ordination behind the chair.*

**Where?** Wellington Medical Practice, Mantle Street, TA21 8BD  
**When?** Tuesdays 2:00pm-3:00pm  
**Cost?** £4.50

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For more information on these classes, or if you have ideas for new ones, please call 01823 345626 or email ageingwell@ageuksomerset.org.uk
Sessiøns in West Somerset

Shibashi Tai Chi for Health - Dunster

*Gentle exercise sessions focused on breathing and relaxation. Great for body and mind.*

**Where?** Dunster Tithe Barn, Priory Green TA24 6RY  
**When?** Tuesdays 2:00pm-3:00pm  
**Cost?** £4.50

Stay Strong, Stay Steady - Minehead

*Gentle exercise to build strength and improve balance.*

*These sessions are by referral only—please contact us to join*

**Where?** Multiple venues  
**When?** Multiple days  
**Cost?** £4.00

Swimming for 50+ - Minehead

*Open to all. No teaching, no pre booking. On your first visit go to Butlin’s reception so they can issue you an access pass.*

**Where?** Butlins Splash, Minehead, TA24 5SH  
**When?** Mondays 8.30-9.30am  
**Cost?** £4

For more information on these classes, or if you have ideas for new ones, please call 01823 345626 or email ageingwell@ageuksomerset.org.uk
Table Tennis, Fun and Friendship - Minehead

*Sociable Ping Pong. Suitable for those returning to the game & beginners - great fun & refreshments. All welcome.*

Where? Lawns Community Centre, Off Townsend Road, TA24 5QP  
When? Fridays 10:00am-12noon  
Cost? £2.50

Mature Movers - Minehead

*Fun for all. Easy to follow choreographed movements to music.*

Where? Sainsbury Hall, Sainsbury Road, Minehead TA24 8JZ  
When? Tuesdays 3pm-4pm  
Cost? £4.50

Gentle Mature Movers (Chair-based) Minehead

*Gentle chair-based exercise session.*

Where? St John Ambulance Hall, North Road, TA24 5QW  
When? Tuesdays 11am-12pm  
Cost? £4.50
Tai Chi, Shibashi, for Health - Minehead

*Slow, easy to follow, gentle movements and breathing.*

**Where?** Sainsbury Hall, Sainsbury Road, Minehead TA24 8JZ  
**When?** Tuesdays 1.30pm-2.30pm  
**Cost?** £4.50

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Tai Chi, Qi Gong - Minehead

**Where?** The Hobby Horse, Esplanade, Minehead TA24 5QP  
**When?** Mondays 3pm–4pm (starts 14th October)  
**Cost?** £4.50

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Mature Movers - Old Cleeve

*Fun for all. Easy to follow choreographed movements to music.*

**Where?** Old Cleeve Community Hall, Old Cleeve, TA24 6HJ  
**When?** Mondays 9.45am-10.45am  
**Cost?** £4.50

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Mature Movers - Stogursey

*Fun and lively choreographed Movement to Music, mainly standing.*

**Where?** The Youth Centre, Stogursey Victory Hall, TA5 1RN  
**When?** Wednesdays 11:30am-12:30pm  
**Cost?** £4.50

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For more information on these classes, or if you have ideas for new ones, please call 01823 345626 or email ageingwell@ageuksomerset.org.uk
Tai Chi - Stogursey
*Gentle movements. Great for balance, mind and body. No previous experience necessary.*

<table>
<thead>
<tr>
<th>Where?</th>
<th>The Youth Centre, Stogursey Victory Hall, TA5 1RN</th>
</tr>
</thead>
<tbody>
<tr>
<td>When?</td>
<td>Mondays 10.30am-11.30am</td>
</tr>
<tr>
<td>Cost?</td>
<td>£3 including tea or coffee</td>
</tr>
</tbody>
</table>

Table Tennis - Watchet
*Fun and friendly Table Tennis session. All welcome.*

<table>
<thead>
<tr>
<th>Where?</th>
<th>Watchet Community Centre, Doniford Road, TA23 0TE</th>
</tr>
</thead>
<tbody>
<tr>
<td>When?</td>
<td>Mondays 2pm-4pm</td>
</tr>
<tr>
<td>Cost?</td>
<td>£2</td>
</tr>
</tbody>
</table>

Mature Movers—Watchet
*Fun and lively session involving gentle exercise to music. Includes elements of floor-based mat work.*

<table>
<thead>
<tr>
<th>Where?</th>
<th>Watchet Community Centre, Doniford Road, TA23 0TE</th>
</tr>
</thead>
<tbody>
<tr>
<td>When?</td>
<td>Mondays 11:15am—12:15pm</td>
</tr>
<tr>
<td>Cost?</td>
<td>£4.50</td>
</tr>
</tbody>
</table>

Chair-based Exercise for Everyday Living - Williton
*Gentle chair based activity session.*

<table>
<thead>
<tr>
<th>Where?</th>
<th>Williton Hospital, North Road, Williton, TA4 4RA</th>
</tr>
</thead>
<tbody>
<tr>
<td>When?</td>
<td>Thursdays 10am-11am</td>
</tr>
<tr>
<td>Cost?</td>
<td>Donations</td>
</tr>
</tbody>
</table>

Stay Strong, Stay Steady - Williton
*Improves balance and muscle strength, reducing risk of falls.*

<table>
<thead>
<tr>
<th>Where?</th>
<th>Danesborough View, Williton, TA4 4SH</th>
</tr>
</thead>
<tbody>
<tr>
<td>When?</td>
<td>See page 22 for more information &amp; contact us.</td>
</tr>
<tr>
<td>Cost?</td>
<td>£4</td>
</tr>
</tbody>
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For more information on these classes, or if you have ideas for new ones, please call 01823 345626 or email ageingwell@ageuksomerset.org.uk
Stay Strong, Stay Steady Sessions

These sessions can help you to:

✓ Rebuild your muscle strength
✓ Improve your balance
✓ Reduce your risk of falls
✓ Stay confident
✓ Maintain your independence

Stay Strong Stay Steady classes are available across the county:

- Bridgwater: St Georges, Wembdon
- Burnham on Sea: Community Centre, Chichester Close
- Chard: Guildhall, Fore Street
- Frome: Christchurch Parish Hall
- Martock: Bearley House, East Street
- Minehead: Hospital, Luttrell Way
- South Petherton: Pitway Community Room, Yarlington
- Taunton: Multiple sessions available.
- Wellington: Lodge Close, Wellington, TD Housing
- Wells: Town Hall
- Williton: Danesborough View, Magna Housing
- Wincanton: Memorial Hall
- Yeovil: Multiple sessions available.

Qualified instructors run the classes using an evidence based programme which reduces falls, and improves balance, strength and confidence.

These classes are open to everyone wherever you live.

Before joining you need to complete a short questionnaire - please contact the Ageing Well team for more information
These ladies need someone to lead their fun gentle activity sessions ........

........Could YOU be that someone?

Can you give a little time to make a big difference?

No experience is necessary & you will receive full training, support & travel expenses. To find out more about Volunteering with Age UK Somerset please:

email: volunteers@ageuksomerset.org.uk

call: 01823 345627

or visit: www.ageuksomerset.org.uk/volunteering

For more information on these classes, or if you have ideas for new ones, please call 01823 345626 or email ageingwell@ageuksomerset.org.uk
Why do we need Ageing Well?
By encouraging older people to have a healthy lifestyle, Ageing Well aims to improve the quality of these extra years, ensuring that “adding years to life” also means “adding life to years”!

Our other Exercise and Activity Sessions
In addition to the sessions listed in this booklet we also organise sessions in North Somerset, and Chair-based Flexercise sessions (led by Volunteers), throughout Somerset and North Somerset. Please let us know if you would like information about these.

Would you like to get involved? Become a volunteer!
Our Volunteers lead regular chair-based activity sessions called Flexercise. These take place in various retirement and sheltered accommodation venues. The events are sociable and fun. No experience is necessary as full training is provided for volunteers. It will help if you have a friendly manner, enjoy meeting other people, are non-judgemental, and have a great sense of humour! We are also looking for Volunteers to run other activity sessions such as Boccia and Tai Chi. Again full training would be given.

If you would like further information or have any enquiries or suggestions for other sessions, please contact:

The Ageing Well Team, on

01823 345626

or email