**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 throughout 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!**
Would make a difference to older people’s lives?
Our wonderful volunteers lead sociable and fun chair-based activity sessions which usually take place in residential accommodation.

No experience is necessary as full training is provided.
If you enjoy meeting other people and having a laugh please get in touch for further information.

**Nikki Smith**
North Somerset Ageing Well Co-ordinator

email: nikki.smith@ageuksomerset.org.uk

Or call: 07530 777895

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**Staying Steady in North Somerset**
Health & Well-being sessions for older adults

These classes are part of a North Somerset wide initiative to increase healthy and active living in North Somerset. These sessions are good for improving flexibility, co-ordination, strength and balance.

![Image of seniors exercising]

Before attending for the first time, please contact the instructor to make sure the group is meeting on that day.

If you see Age UK to the right of the class info, it is run by us so please call:

Nikki Smith at Age UK Somerset on 07530 777895

If our logo isn’t there, the session is run by an independent instructor, please call them on the number provided in the listing.

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Registered Charity: 1015900

Info correct as at 28/10/2019
Health Walks in North Somerset (continued)

Portishead

Where? Various locations
When? Every other Monday 11am
Contact Anne Brain 01275 374867

Winscombe

Where? Woodborough Inn BS25 1HD
When? 2nd and 4th Tuesday of month
Contact Tim Burrows 01934 842554

Worle

Where? Worle Big Hub BS22 6LN
When? Every Thursday 2pm
Contact Tony Dolling 07976 737112

Yatton

Where? Various locations
When? 1st and 3rd Thursday of month
Contact Marion Davies 01934 833605

Please note - any images used in this booklet are for illustration only and do not feature our actual class attendees or venues.
Clevedon
Where? Bandstand on the seafront
When? 1st Tuesday and 3rd Friday of month - 10:30am
Contact Marion Finnie 01275 877927

Long Ashton
Where? Community Café BS41 9DP
When? Every Monday 10:30am
Contact Ruth Chapman 07814 671369

Nailsea
Where? Scotch Horn LC BS48 1BZ and Grove Sports Centre BS48 4NQ
When? Every Monday 11am
Contact Diane Bennett 01275 810067

Sessions in Backwell

Flexercise
*Gentle chair-based fun activity. All welcome.*
Where? Lawnside, Church Lane, Backwell BS48 3JP
When? Fridays 10.30am-11.30am
Cost? £2.00

Tai Chi for Seniors (standing class)
*Gentle exercise focusing on breathing to aid relaxation.*
Call Tony Dove 07886630436 for details
Where? Women’s Institute Hall, Station Road, BS48 3NW
When? Mondays 12.30pm-1.30pm
Cost? £6.00

Sessions in Clevedon

Flexercise
*Gentle chair-based fun activity. All welcome.*
Where? Clifton Court, Churchill Avenue, Clevedon BS21 6QS
When? Mondays 11.30am-12.30pm
Cost? £2.00

Extend Movement to Music
*Suitable for over 60’s and those less able. Fun exercise to music, helping balance, coordination and circulation. Seated and standing.*
Where? Kenn Road Methodist Church Clevedon BS21 6LH
When? Wednesdays 1:30pm—2:30pm
Cost? £4.50

Unless another telephone number is given, for more information on these classes call 07530 777895 or email nikki.smith@ageuk somerset.org.uk
### Sessions in Clevedon (continued)

**Flexercise**  
Gentle chair-based fun activity. All welcome.  
**Where?** Wickham Court, Sunnyside Road, Clevedon BS21 7TN  
**When?** Tuesday 11:15am-12:15pm  
**Cost?** £2.00

**Dance Fitness – Exercise to Music**  
Fun choreographed exercise to music sessions.  
Call Jo Knowles 01275 544472 for details  
**Where?** St John’s Hall, Hillside Road, Clevedon BS21 7XJ  
**When?** Mondays 10am-11am  
**Cost?** £4.00

**Gentle Exercise**  
Call Jo Knowles 01275 544472 for full details  
**Where?** St John’s Hall, Hillside Road, Clevedon BS21 7XJ  
**When?** Mondays 11.15am-12.15pm  
**Cost?** £4.00

**Dance Fitness**  
Call Jo Knowles 01275 544472 for full details  
**Where?** St John’s Hall, Hillside Road, Clevedon BS21 7XJ  
**When?** Wednesdays 10am-11am  
**Cost?** £4.00

### Sessions in Winscombe

**Extend – Movement to Music**  
Suitable for over 60s and those less able, much fun to music and helps balance, co-ordination and circulation. Both seated and standing elements (inclusive). All welcome.  
**Where?** Winscombe Community Centre, Sandford Road, BS25 1JA  
**When?** Tuesdays 2.30-3.30pm  
**Cost?** £4.50

**Tai Chi for all abilities**  
Slow movements and breathing and the mental component of training as opposed to vigorous bodily movements. Good for balance, co-ordination and leg strength. All welcome.  
**Where?** Winscombe Community Centre, Sandford Road, Winscombe, BS25 1JA  
**When?** Fridays 2pm-3.30pm  
**Cost?** £5.00

### Sessions in Yatton

**Tai Chi – Seated and Standing**  
Suitable for all. This is good for balance, co-ordination and improving strength.  
**Where?** Yatton Village Hall, The Causeway, Yatton, BS49 4HL  
**When?** Mondays. There are two sessions. Please contact us for times and to see which one is most suitable.  
**Cost?** £3.00

Unless another telephone number is given, for more information on these classes call 07530 777895 or email nikki.smith@ageuksomerset.org.uk
Sessions in Weston super Mare & Worle (continued)

Over 50’s Dance Fitness
Call Emily Gazey 07892 825617 for full details
Where? Sandringham Court, Lonsdale Avenue, WSM BS23 3QW
When? Thursdays 11am-12pm
Cost? £3.00

Cancer Rehabilitation Class - Gym Session
Call Jo Rickwood 07899 754937 for full details
Where? Hutton Moor Leisure Centre, BS22 8LY
When? Mondays 1pm-2pm
Cost? £4.20

Cancer Rehabilitation Class - Studio Session
Call Jo Rickwood 07899 754937 for full details
Where? Hutton Moor Leisure Centre, Hutton Moor Road, Weston super Mare, BS22 8LY
When? Tuesdays 2pm-3pm
Cost? £4.20

Exercise to Music
Call Corinne Mutlow 07919 532960 for full details
Where? Hutton Moor Leisure Centre, Hutton Moor Road, Weston super Mare, BS22 8LY
When? Tuesdays 10.30am-11.30am & Thurs 10.45am-11.45am
Cost? £3.50

Walking Football
Call Arie Van Vliet on 01278 751029 for full details.
Where? Weston super Mare Football Club, Winterstoke Road, BS24 9AA
When? Monday 7.30- 8.30 pm, Tuesday 10 - 11am, and 11am - 12 (over 70s Fun Session), Friday 10am - 11 am
Cost? £3, first session free!

Sessions in Clevedon (continued)

Tai Chi for Seniors - mixed ability (standing class)
Call Tony Dove 07886 630436 for full details
Where? Scout Hut, Great Western Road
When? Mondays 9.30am-10.30am
Cost? £6.00

Tai Chi for people with mobility issues (part seated)
Call Tony Dove 07886 630436 for full details
Where? Community Centre, 2 Princes Road, BS21 7SZ
When? Mondays 10.45am-11.45am
Cost? £6.00

Tai Chi over 50’s with limited mobility (part seated)
Call Tony Dove 07886 630436 for full details
Where? Searle Court, Cherry Avenue, Clevedon, BS21 6HS
When? Wednesdays 2pm-3pm
Cost? £6.00

Cancer Rehabilitation Class
Call Kate Oldham 07800 743305 for full details
Where? Hands Stadium, Davis Lane, Clevedon, BS21 6TG
When? Tuesdays 2pm-3 pm & 3pm-4pm
Cost? £4.00

Walking Football - helping older people stay active
Call Samantha Hibbs 01275 878052 for full details
Where? Hand Stadium, Davis Lane, BS21 6TG,
When? Mondays 10:30am-11:45am, Thursdays 10:30am-11:45am, Sundays 10:30am-11:45am
Cost? £3.00

Unless another telephone number is given, for more information on these classes call 07530 777895 or email nikki.smith@ageuksomerset.org.uk
Sessions in Clevedon (continued)

**Ti Chi Qi Gong**
Gentle exercise for body and mind
Where? St Peter’s Church Hall, Clevedon BS21 7QE
When? Tuesdays 2pm-3pm
Cost? £3.00

Sessions in Congresbury

**Gentle Exercise – seated and standing**
Call Jo Knowles 01275 544472 for full details
Where? The Old School Rooms, Station Road, BS49 5DX (A370)
When? Thursdays 9.30am-10.30am
Cost? £4.00

Sessions in Easton-in-Gordano

**Seated Yoga, Breathe Stretch & Flex**
Combines breathing & relaxation movements to balance the mind and improve flexibility, aid posture and help lower blood pressure.
Where? St George’s Church Hall, Priory Road, BS20 0PA
When? Mondays 9.45am-10.45am.
Cost? £4.50

Sessions in Long Ashton

**Tai Chi over 50’s with limited mobility (part seated)**
Call Tony Dove 07886 630436 for full details
Where? Keedwell Hall, Keedwell Hill, Long Ashton BS41 9DP
When? Fridays 11.30am-12.30pm
Cost? £6.00

Sessions in Weston super Mare & Worle (continued)

**Tai Chi for Over 50s**
Call Malcolm Droy 07817 395510 for full details
Where? United Reform Church, The Boulevard, BS23 1LF
When? Thursdays 12.45pm-2pm
Cost? £4.00

**Tai Chi over 50’s with limited mobility (part seated)**
Call Tony Dove 07886 630436 for full details
Where? Our Lady of Lourdes, 28 Baytree Road, BS22 8HQ
When? Wednesdays 9.30am-10.30am
Cost? £6.00

**Tai Chi over 50’s with limited mobility (part seated)**
Call Tony Dove 07886 630436 for full details
Where? The Campus, Highlands Lane, Locking Castle, BS34 7DX
When? Thursdays 9.30am-10.30am
Cost? £6.00

**Over 50’s Dance Fitness**
Call Emily Gazey 07892 825617 for full details
Where? Martindale Court, Martindale Road, WSM BS22 8QQ
When? Thursdays 2pm-3pm
Cost? £3.00

**Do Yoga**
Call Emma Gliddon 07884 434710 for full details
Where? Our Lady of Lourdes, 28 Baytree Road, BS44 8HQ
When? Fridays 10am-11am
Cost? £5.00

Unless another telephone number is given, for more information on these classes call 07530 777895 or email nikki.smith@ageuksomerset.org.uk
Sessions in Weston super Mare & Worle (continued)

General Sports for the Over 50s
Call 01934 425900 for details. Badminton, short tennis, aerobics, swimming, indoor cricket & others.
Where? Hutton Moor Leisure Centre, BS22 8LY
When? Tuesdays & Thursdays 9am-1pm (Indoor cricket is on third Tuesday - £1 surcharge applies)
Cost? £5 yearly membership to the 50+ Club plus £4 per session

Walking Netball
Call 01934 425900 for full details
Where? Hutton Moor Leisure Centre, Hutton Moor Road, BS22 8LY
When? Thursdays 1pm-2pm
Cost? £3.00

Stroke Rehabilitation Class - very gentle exercise
Call Corinne Mutlow 07919 532960 for full details
Where? Hutton Moor Leisure Centre, BS22 8LY
When? Tuesdays 12.30pm-1.30pm
Cost? £3.80

Dance Fitness for over 60s
Call Sue Barton 01934 843719 for full details
Where? Our Lady of Lourdes, 28 Baytree Road, BS22 8HQ
When? Thursdays 10.30am-11.30am
Cost? £4.00

Sessions in Nailsea

Dance Fitness - low impact, suitable for over 50s
Call Jo Knowles 01275 544472 for full details
Where Wesley Methodist Church Centre, 74-76 Silver Street BS48 2DS
When? Fridays 10am-11am
Cost? £4.00

Gentle Exercise to Music - seated and standing
Call Jo Knowles 01275 544472 for full details
Where Wesley Methodist Church Centre, 74-76 Silver Street, Nailsea, BS48 2DS
When? Fridays 11.15am-12.15pm
Cost? £4.00

Shibashi Tai Chi
Gentle exercise to balance body and mind
Where Scotch Horn Leisure Centre, Brockway, Nailsea, BS48 1BZ
When? Fridays 2pm-2.45pm & 3pm-3.45pm
Cost? £3.00

Tai Chi QiGong
Gentle exercise to balance body and mind
Where Bucklands, McCarthy and Stone, 6 Stockway South, Nailsea BS48 2LE
When? Starts 11th November, Mondays 11am-12pm
Cost? £3.00

Unless another telephone number is given, for more information on these classes call 07530 777895 or email nikki.smith@ageuksomerset.org.uk
Sessions in Pill

**Extend – Movement to Music**

*Extend Movement to Music session. Suitable for over 60s and those less able, much fun to music and helps balance, co-ordination and circulation. Both seated and standing elements (inclusive). All welcome.*

Where? Pill Community Centre, Church Lane, Pill BS20 0AE
When? Wednesdays 10:30am-11:30am
Cost? £4.50

Sessions in Portishead

**Breathe, Stretch and Flex**

*Gently combines breathing & relaxation movements to balance the mind and improve flexibility. Can aid posture and is said to help lower blood pressure. All welcome.*

Where? Methodist Church Wesley Centre, High Street, BS20 6EN
When? Tuesdays 11:15am-12:15pm
Cost? £4.50

**Flexercise**

*Gentle chair-based fun activity. Open to all.*

Where? St Peter’s Lodge, High Street, Portishead, BS20 6PJ
When? Fridays 11am-12pm
Cost? Donations

**Flexercise**

*Gentle chair-based fun activity. Open to all.*

Where? Hanover House, Friary Road, Portishead BS20 6LP
When? Fortnightly - Wednesdays 11am-12noon
Contact us for dates.
Cost? Donations

Call Amanda Ball 07814 392217 for full details

Unless another telephone number is given, for more information on these classes call 07530 777895 or email nikki.smith@ageuksomerset.org.uk

Sessions in Weston super Mare & Worle (continued)

**Flexercise**

*Gentle chair-based fun activity.*

Where? Knightstone Place, 215 High St, Worle, BS22 6JT
When? Mondays 11am-12noon
Cost? £2.00

**Chair- Based Movement to Music**

*Gentle chair-based fun activity.*

Where? Tamar Court, Tamar Road, Worle, WSM BS22 6LF
When? Tuesdays 2.30pm - 3.30pm
Cost? Donations

**Extend – Movement to Music**

*Suitable for over 60s and those less able, much fun to music and helps balance, co-ordination and circulation. Both seated and standing elements (inclusive). All welcome.*

Where? Worle Baptist Church, Rawlins Avenue, Worle, BS22 7FN
When? Fridays 11.45am-12.45pm
Cost? £4.50

**Keep Fit, Stay Well**

*Call Amanda Ball 07814 392217 for full details*

Where? St Augustine’s Church Centre, The Green, Locking BS24 8DA
When? Tuesdays 10am-11am
Cost? £5.00

Unless another telephone number is given, for more information on these classes call 07530 777895 or email nikki.smith@ageuksomerset.org.uk
Sessions in Weston super Mare & Worle (continued)

**Flexercise**

*Gentle chair-based fun activity.*

**Where?** Clarence House, 17 Clarence Road North, WSM BS23 4AS

**When?** Wednesdays 10.30am-11.30am (Class is currently full - contact us to go on the waiting list.)

**Cost?** £2.00

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**Tai Chi - Seated and standing**

*Easy to follow, gentle movements, great for mind and body.*

**Where?** Vintage Hall, Hughenden Road, Weston Super Mare BS23 2UR

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

**Cost?** £3.00

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**Chair-based Movement to Music**

*Gentle & fun chair-based Movement to Music.*

**Where?** Milton Baptist Church Hall, Baytree Road, BS22 8HJ

**When?** Wednesdays, 2pm-3pm

**Cost?** Donations.

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**Staying Steady for Seniors**

*Slow movements and breathing rather than vigorous bodily movements. Good for balance, co-ordination and leg strength.*

**Where?** Clarence Park Baptist Church, Walliscote Road, BS23 1ED

**When?** Fridays 10am - 12noon

**Cost?** £4.50

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Sessions in Portishead (continued)

**Flexercise**

*Gentle chair-based fun activity.*

**Where?** Waverley Court, Forth Avenue, BS20 7NY

**When?** Wednesdays 4pm-5pm  
**Cost?** £2.00

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**Extend - Movement to Music**

*Extend Movement to Music session. Suitable for over 60s & those less able, much fun to music & helps balance, co-ordination and circulation. Both seated & standing elements (inclusive). All welcome.*

**Where?** Methodist Church Wesley Centre, High Street, BS20 6EN

**When?** Tuesdays 10am-11am & Thursdays 11am-noon.

**Cost?** £4.50

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**Extend - Movement to Music**

*Extend Movement to Music session. Fun & friendly exercise to music. All welcome.*

**Where?** Avonway Hall, Avon Way, Portishead, BS20 6LT

**When?** Mondays 11:45am-12:45pm

**Cost?** £4.50

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**Yoga for the Over 50s**

*Call Suzi Griffin 07776 321989 for full details*

**Where?** Jubilee Hall, 49 Slade Road, BS20 6BE

**When?** Tuesdays 9.40am-11am, and Thursdays 10am-11.45am

**Cost?** £6.00 in advance, £8.00 on the day

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**Over 50’s Dance Fitness**

*Call Emily Gazey 07892 825617 for full details*

**Where?** Jubilee Hall, Jubilee Hall, 49 Slade Road, BS20 6BE

**When?** Mondays 2pm-3pm

**Cost?** £3.00

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Unless another telephone number is given, for more information on these classes call 07530 777895 or email nikki.smith@ageuksomerset.org.uk
### Sessions in Portishead (continued)

#### Yoga for the Over 50s

Call Suzi Griffin 07776 321989 for full details  
Where? North Weston Village Hall, 26 Clevedon Road, BS20 6TB  
When? Tuesdays 1.45pm-3pm  
Cost? £6.00 in advance, £8.00 on the day

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#### Cancer Rehabilitation Class

Call Kate Oldham 07800 743305 for full details  
Where? Jubilee Hall, 49 Slade Road, Portishead BS20 6BE  
When? Thursdays 11.15am-12pm and 12.15pm-1pm  
Cost? £4.00

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We run physical activity sessions all across North Somerset. We hope you find something to suit you!

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### Sessions in Weston super Mare & Worle

#### Extend - Movement to Music

Suitable for over 60s and those less able, much fun to music and helps balance, co-ordination and circulation. Both seated and standing elements (inclusive). All welcome.  
Where? United Reform Church, The Boulevard, WSM, BS23 1LF  
When? Fridays 10am-11am  
Cost? £4.50

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#### Extend - Movement to Music

Fun & friendly weekly exercise to music sessions. All welcome.  
Where? Milton Baptist Church, Baytree Road, WSM, BS22 8HJ  
When? Mondays 12.15pm-1.15pm.  
Cost? £3.00

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#### Extend - Movement to Music

Suitable for over 60s and those less able, much fun to music and helps balance, co-ordination and circulation. Both seated and standing elements (inclusive). All welcome.  
Where? Victoria Methodist Church, Station Road, BS23 1XY  
When? Tuesdays 12.30pm-1.30pm  
Cost? £4.50

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#### Flexercise

Gentle chair-based fun activity.  
Where? Pegasus Court, 58 Beach Road, BS23 4AL  
When? Mondays 10.30am-11.30am (Class is currently full - contact us to go on waiting list.)  
Cost? £2.00

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Unless another telephone number is given, for more information on these classes call 07530 777895 or email nikki.smith@ageuksomerset.org.uk