

**MARCH 2013**

For further information Contact

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**ACTIVITIES FOR HEALTH AND WELLBEING****FOR OLDER PEOPLE IN YOUR AREA****SOUTH WARWICKSHIRE**

DAY	TIME	CLUB	ACTIVITY	LOCATION	COST
Monday	10.00 - 11.00	Brunswick Healthy Living Centre	Exercise	Leamington Spa - Brunswick Centre, 98-100 Shrubland Street	£3.00
Monday	10.00 - 15.00	Saltisford Gardens Day Club for Over 60's	Lunch Club & social activities	Warwick - Community Room, Saltisford Gardens, Off St Michaels Rd	Max £7.50
Monday	10.00 - 11.00	Walk Group	Walking (Every fortnight)	Southam - Victor Hodges Little Park	No Charge
Monday	10.00 - 12.00	Clopton Over 50's(1st Monday of month)	Activity Social Club	Stratford Upon Avon - Justine's Ave, Clopton	£1.00
Monday	10.00 - 11.00	Walk Group	Walking	Stratford Upon Avon Leisure Centre	No Charge
Tuesday	09.15 - 10.15	Blackwell (in association)	Tai Chi	Blackwell - Village Hall	£5.00
Tuesday	10.00 - 14.15	James Court	Activity Club (lunch @12.30)	Warwick - James Court, Weston Close	£5.00
Tuesday	10.45 - 11.45	Melville House	Tai Chi	Stratford Upon Avon - Melville House, New Street	£3.50
Tuesday	12.00 - 13.30	Melville House	Lunch Club, after Tai Chi	Stratford Upon Avon - Melville House, New Street	£4.00
Tuesday	14.00 - 16.00	Bishops Tachbrook	Social club	Bishops Tachbrook - Sports & Social Club, Kingsley Rd.	£1.00
Tuesday	14.00 - 15.00	Bubbenhall (independant)	Gentle Exercise	Bubbenhall - Village Hall	£2.50
Tuesday	14.00 - 15.00	Lower Quinton	Tai Chi	Lower Quinton - Village Hall, The Close	£4.00
Wednesday	10.00 - 15.00	Saltisford Gardens Day Club for Over 60's	Lunch Club & social activities	Warwick - Community Room, Saltisford Gardens, Off St Michaels Rd	Max £7.50
Wednesday	11.00 - 12.00	Walk Group	Walking (Every fortnight)	Alcester - Malt Mill Lane	No Charge
Wednesday	14.00 - 16.00	Jubilee Club	Social club	Stratford Upon Avon - Bishopton Community Centre	£1.00
Thursday	10.30 - 11.30	Kenilworth Walking Group	Walking	Kenilworth - Castle Farm Recreation Centre	No Charge
Thursday	11.30 - 12.30	Tai-Chi	Tai Chi	Bidford on Avon - St Lawrence Church Hall	£3.50
Thursday	12.30 - 13.30	Melville House	Lunch Club	Stratford Upon Avon - Melville House, New Street	£4.00
Thursday	13.30 - 14.30	Trinity at Age UK	Exercise to Music	Leamington Spa - 8 Clemens Stret	£2.00
Thursday	14.15 - 15.15	Rainbow Fields	Gentle Seated Exercise/relaxation	Shipston on Stour - Rainbow Fields, The Driftway	£3.00
Friday	12.00 - 13.30	Lunch Club	Lunch Club	Leamington Spa - Age Concern Clemens Street	£4.50
Friday	14.30 - 15.30	Leamington Walk	Walk	Leamington Spa - Gates of Jephson Gardens	No Charge
<b>Some clubs close during the summer months - Please telephone the above numbers for further information</b>					

