MARCH 2013

ACTIVITIES FOR HEALTH AND WELLBEING FOR OLDER PEOPLE IN YOUR AREA

For further information Contact Wendy Lynn 01926 458117

Or Mandy Morris 07766 513701

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
Some clubs	close during the	summer months - Please telephone the above	e numbers for further information		

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ACTIVITIES FOR HEALTH AND WELLBEING FOR OLDER PEOPLE IN YOUR AREA





NORTH WARWICKSHIRE

DAY	TIME	CLUB	ACTIVITY	LOCATION	COST
Monday	10.00 - 11.00	Claremont	Gentle Exercise	Rugby - Claremont Centre Clifton Road	£1.25
Monday	10.30 - 11.30	African Caribbean (independent)	Gentle Exercise	Nuneaton - Park House Youth & Community Centre, Riversley Road	No charge
Monday	13.30 - 14.30	Kingsbury	Zumba Gold	Kingsbury - Village Hall, B78 2LR	£2.50
Monday	14.00 - 15.00	Hurley Club	Gentle Circuit Exercise	Hurley - Parish Hall	£3.00
Tuesday	09.45 - 10.45	Brinklow Exercise	Gentle Exercise	Brinklow - United Reform Church	£3.50
Tuesday	10.00 - 10.45	St Peters Church	Health Walk	Mancetter - St Peters Church, Mancetter Road	No charge
Tuesday	10.30 - 14.00	Over 55's Pop-in	Social Event	Atherstone - Partnership Building, Coleshill Road, Atherstone	No charge
Tuesday	10.30 - 11.00	Over 55's Pop-in (1st Tue in month)	Extend Class	Atherstone - Partnership Building, Coleshill Road, Atherstone	No charge
Tuesday	13.30 - 14.30	Wolston	Stretch and tone	Wolston - Coventry Road	£3.50
Wednesday	09.30 - 10.15	Chilvers Coton	Aerobic Exercise	Nuneaton - Coton Parish Hall, Chilvers Coton	£2.00
Wednesday	10.15 - 11.00	Chilvers Coton	Aerobic Exercise	Nuneaton - Coton Parish Hall, Chilvers Coton	£2.00
Wednesday	11.00 - 14.30	Atherstone Lunch Club	Lunch Club	Atherstone - Partnership Building, Coleshill Road, Atherstone	£5.00
Wednesday	11.15 - 12.15	Newtown	Pilates	Nuneaton - Newtown Centre	No charge
Wednesday	11.30 - 12.00	Oasis Walk	Walking	Rugby - Oasis Centre Buchanan Road	No charge
Wednesday	14.00 - 15.00	Newtown	Line Dancing	Nuneaton - Newtown Centre	No charge
Thursday	10.00 - 11.00	Wolston	Circuit Exercise	Wolston - Coventry Road	£3.50
Thursday	10.00 - 11.00	Community Centre, Digby Road	Extend Class	Coleshill - Digby Road (every other week)	No charge
Thursday	10.00 - 10.30	Frederick Warr	Seated Exercise	Nuneaton - Orkney Close	£1.00
Thursday	10.30 - 14.30	Paddocks Close Day Club	Quiz, Exercise, Bingo. Lunch	Polesworth - Paddocks Close	£4.25
Thursday	11.00 - 12.00	Alec Wilson Centre	Aerobic Exercise	Bedworth - Nuneaton Road, Hollycroft	£2.50
Thursday	13.15 - 14.00	Thursday Group	Health Walk	Atherstone - Atherstone Leisure Complex, Off Long Street	No charge
Thursday	14.00 - 15.00	Hatters Space	Aerobic Exercise	Nuneaton - Upper Abbey Street, Abbey Green	£3.00
Friday	10.00 - 10.30	Salvation Army (twice a month)	Seated Exercise	Bedworth - 8 Leicester Street, Bedworth	No charge
Friday	10.00 - 14.00	Over 55's Pop-in	Social Event	Atherstone - Partnership Building, Coleshill Road, Atherstone	No charge

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