

Monday Singing for Wellbeing

Every week at the United Church

Class One 10.00am-11.30am

Class Two 11.45am-1.15pm

No club on 20th or 27th of August due to Summer Closure



Wednesday Seated Exercise Class - Winchester

Every week at the United Church: 10.30am -12noon

No club on 15th or 22nd of August due to Summer Closure

Tuesday Pub Lunch - Winchester

Every week, at The Jolly Farmer, Andover Road -
11.45am

No club on 14th or 21st of August due to Summer Closure



Wednesday Restaurant club

Second Wednesday of the Month, Brasserie Blanc

11.45am– 1.30pm

8th August & 12th September

Tuesday Exercise Plus - Winchester

Every week at the United Church

New Class starting from 4th September 9am-10am

Class One 10.30am-11.30am

Class Two 11.45am -12.45pm

No club on 14th or 21st of August due to Summer Closure

Thursday Exercise Class & Exercise Plus - Stanmore

Every week at Level 10 Church, Stanmore Lane, 10.30am -12noon

No club on 16th or 23rd of August due to Summer Closure

Thursday Exercise Class - Weeke

Every week at Weeke Community Centre,
Taplings Road, 2-3pm

No club on 16th or 23rd of August due to Summer Closure

Tuesday Exercise Class - St Johns

Every week at St John's Community Room,
Colebrook Street:

Class One: 10.15am-11.15am

Class Two: 11.30am - 12.30pm

No club on 14th or 21st of August due to Summer Closure



Friday Seated Exercise Class - Alresford

Every week at St Gregory's Church,

Grange Road: 10.30am - 12noon

No club on 17th or 23rd of August due to Summer Closure

No club on 14th of September due to hall being unavailable

Tuesday Exercise Plus - Alresford

Every week at Makins Court, Windsor Road:

2.30pm - 3.30pm

No club on 14th or 21st of August due to Summer Closure



Fortnightly Friday Activity Day

10.30am - 1pm at the United Church

(Sandwich lunch served at 12.30pm)

3rd and 31st August

28th of September

No club on 14th of September due to Outing.

Tuesday Exercise Plus- Colden Common

Every week in Colden Common Village Hall, St Vigor
Way: 2pm– 3pm

New class starting for the 4th of September

See overleaf for more information

Fortnightly Friday Lunch Club

11.00am - 1.30pm, the United Church:

10th of August

7th and 21st September

No club on 24th August due to Summer closure



Tuesday Drama Group

Every week, location and time to be confirmed

New class starting from the 4th of September

*See overleaf for more information or contact the Live at
Home office*



Saturday Exercise Plus - Colden Common

Every week in Colden Common Village Hall,

St Vigor Way: 10.30am –11.30am

No club on 18th or 25th of August due to Summer Closure



New Live at Home Classes

Acting on feedback from the recent member surveys, WLAHS has reviewed the current services it provides and we are happy to announce the commencement of three new classes as of September 2018. Classes will include:

- A third Exercise plus class at the United Church from 9am-10am, every Tuesday
- A new Drama Group in a central Winchester Location, every Tuesday afternoon
- A second Exercise plus class at Colden Common Community Centre from 1.30pm-2.30pm, every Tuesday.

Please register interest in these classes with the office. Please note spaces will first be offered to those already on waiting lists and then on a first come first served basis.

Monday Funday Outings

6th August – Swanage £5

13th August – Swanage £5

3rd September – Havenstreet Stream Railway, IOW £18

17th September – Hilliers Aboretum £12*

24th September – IOW, venue to be confirmed.

Places are limited to 10 on all trips - allocated on first come first served basis. Transport is provided for trips out of Winchester and will depart from the United Church.

We can only accommodate one wheelchair per trip. All trips have facilities to purchase lunch, this is not included in the price.

* £5 for those with valid Garden Membership

Transport Charges Update

From September to reflect the rising costs in minibus hire and petrol we have made the difficult decision to increase the cost of volunteer provided transport by 50p for each return journey taking the cost up to £4.50. This increase will allow us to continue providing the level of service we do now and ensure its stability into the future. We would not want anyone to be excluded for financial reasons so if you have any questions or concerns then please do contact the office.

MHA National Raffle

1st Prize: £350 high street vouchers

2nd Prize: £200 high street vouchers

3rd Prize: £100 high street vouchers

Tickets £1 available from LAH office

Autumn Outing:

Friday 14th September

Gilbert White's House & Gardens

Visit the home of the famous, Author, Naturalist and Gardener with lunch

Price £25

Fundraising Golf Day:

Friday 28th September

Wickham Park Golf Club in Fareham
£40 per person – includes bacon roll on arrival, 18 holes and a one-course meal.

Contact the Live at Home office for more details and to book your place.

Winchester Fun Run

Support our team of runners as they embark on a 1k race on 23rd September in aid of Winchester Live at Home Scheme.

Donations can be made in the office or by visiting www.localgiving.org/lfundraising/wlahs-funrun2018