

Monday Singing for Wellbeing

Every week at the United Church

Class One 10.00am-11.30am

Class Two 11.45am-1.15pm

No class on the 24th or 31st of December due to Christmas Closure



Wednesday Seated Exercise Class - Winchester

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

No class on the 19th & 26th of December and 2nd of January due to Christmas Closure

Tuesday Pub Lunch - Winchester

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

No lunch on the 18th & 25th of December and 1st of January due to Christmas Closure



Wednesday Restaurant club

Second Wednesday of the Month, Brasserie Blanc

11.45am- 1.30pm

5th of December and 16th January

Tuesday Exercise Plus - Winchester

Every week at the United Church

Class One 9am- 10am

Class Two 10.30am-11.30am

Class Three 11.45am -12.45pm

No class on the 18th & 25th of December and 1st of January due to Christmas Closure

Thursday Exercise Class & Exercise Plus - Stanmore

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

No class on the 20th & 27th of December and 3rd of January due to Christmas 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 class on the 18th & 25th of December and 1st of January due to Christmas Closure



Thursday Exercise Class - Weeke

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

No class on the 13th, 20th & 27th of December and 3rd of January due to Christmas Closure

Friday Seated Exercise Class - Alresford

Every week at St Gregory's Church,

Grange Road: 10.30am - 12noon

No class on the 21st & 28th of December and the 4th of January due to Christmas Closure

Tuesday Exercise Plus - Alresford

Every week at Makins Court, Windsor Road:

2.30pm - 3.30pm

No class on the 18th & 25th of December and 1st of January due to Christmas Closure



Fortnightly Friday Activity Day

10.30am - 1pm at the United Church

(Sandwich lunch served at 12.30pm)

7th of December and 18th of January

No club on the 21st of December or 4th of January due to Christmas Closure

Tuesday Exercise Plus- Colden Common

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

No class on the 18th & 25th of December and 1st of January due to Christmas Closure

Fortnightly Friday Lunch Club

11.00am - 1.30pm, the United Church:

14th of December and 11th & 25th January

No club on the 28th of December due to Christmas Closure



Tuesday Drama Group

Every week at the United Church:

1pm-2pm

No class on the 18th & 25th of December and 1st of January due to Christmas Closure



Saturday Exercise Plus - Colden Common

Every week in Colden Common Village Hall,

St Vigor Way: 10.30am -11.30am

No class on the 22nd & 29th of December due to Christmas Closure

Monday Funday Outings

3rd December - Winchester Christmas Markets, Free

Tuesday 29th January - Whitchurch Silk Mill, £11

Spaces limited to 10 per trip and we can only accommodate one wheelchair per trip. All trips have facilities to purchase lunch but this is not included in the price.

Book your space with the office

Pantomime Outing: Beauty and the Beast

Wednesday 13th of December at 1pm

Theatre Royal Winchester, Jewry Street

From the same team behind last year's smash hit Peter Pan, this magical pantomime vows to break your heart and tickle your funny bone in equal measure

Limited tickets available at £13 each

No transport

Christmas Carol Service



Monday 17th December at 10.30am

United Church, Jewry Street



Service will include performances by our SFWB choirs.

Followed by tea/coffee and mince pies. All are welcome - please let us know if you would like to attend.

Limited transport available

Christmas Closure

The office will be closed for Christmas from 4pm on the 21st of December until the 2nd of January. Any messages left on the answering machine will be picked up when the office reopens on the 2nd of January.

Regular WLAHS services will end on the 15th of December and resume on the 7th of January, during this period all clubs and activities will cease.

New Years Celebration

Wednesday 9th January at 10.30am

United Church, Jewry Street

Join us to celebrate the new year over brunch

Entertainment TBC

£8 per person



Advanced Notice: Valentines Outing

Friday 15th February - Details TBC

