

Monday Singing for Wellbeing

Every week at the United Church

Class One 10.00am-11.30am

Class Two 11.45am-1.15pm



Wednesday Restaurant club

Second Wednesday of the Month, Brasserie Blanc

11.45am– 1.30pm

13th of Feb & 13th of March

Tuesday Pub Lunch - Winchester

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



Thursday Exercise Class & Exercise Plus - Stanmore

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

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

Thursday Seated Exercise Class - Bishops Waltham

Every week at the United Free Church, Basingwell
Street Upper, 10am– 11.30am

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



Thursday Exercise Class - Weeke

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

Tuesday Exercise Plus - Alresford

Every week at Makins Court, Windsor Road:
2.30pm - 3.30pm

Friday Seated Exercise Class - Alresford

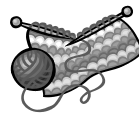
Every week at St Gregory's Church,

Grange Road: 10.30am - 12noon

No club on Feb 15th due to Valentines Outing

Tuesday Exercise Plus– Colden Common

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



Fortnightly Friday Activity Day

10.30am - 1pm at the United Church

(Sandwich lunch served at 12.30pm)

1st of Feb and 1st, 15th & 29th of March

No club on Feb 15th due to Valentines Outing

Tuesday Drama Group

Every week at the United Church:

1pm-2pm



Fortnightly Friday Lunch Club

11.00am - 1.30pm, the United Church:

8th & 22nd of Feb and 8th & 22nd of March

Wednesday Seated Exercise Class - Winchester

Every week at the United Church: 10.30am– 12pm

Saturday Exercise Plus - Colden Common

Every week in Colden Common Village Hall,
St Vigor Way: 10.30am –11.30am



Monday Funday Outings

11th Feb– RNLI College, Poole, £12

Tuesday 26th Feb–Whitchurch Silk Mill, £11

11th March– Chichester Cathedral, £10

25th March– Lacock Abbey, Chippenham, £18

Spaces limited to 10 per trip (8 to the Silk Mill) and we can only accommodate one wheelchair per trip. Where trips are over subscribed we will endeavour to run another trip at a later date to meet demand. All trips have facilities to purchase lunch but this is not included in the price.

Book your space in the office



Valentines Outing: Friday 15th February

Royal Oak Pub, Goodworth Clatford



Join us for a Valentines meal at a country pub in one of the Test Valley's prettiest villages.

£30 per person

Price includes transport, a two course meal and a glass of wine

Wine Bluffers Fundraising Event: Saturday 9th March



Abbey House, The Broadway, Winchester



Think you're a wine buff? Or perhaps you're a novice who wants to learn more. Come along to our bluffers evening to see what you really know with our blind taste testing.

£15 per person

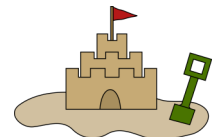
Canapes and Raffle on the night



Scheme Holiday: 19th– 23rd August

Littlecote Hotel, Hungerford

£680 per person, all inclusive



This four star Warner's Hotel is a Tudor Mansion set in 113 acres of grounds. All rooms have en-suite bathrooms and the hotel boasts an indoor swimming pool, bowls and a putting green. We will be hiring a wheelchair accessible coach which will stay with us for the duration of the holiday. Outings will include a day on the Avon and Kennet aboard 'The Rose of Hungerford' amongst others and also time to enjoy all the hotel and grounds have to offer.

Reserve your space now by requesting a booking form from the office
Spaces will be given on a first come first served basis and are secured on receipt of an £80 non refundable deposit.