

Monday Singing for Wellbeing

Every week at the United Church

Class One 10.00am-11.30am

Class Two 11.45am-1.15pm



Thursday Exercise Class & Exercise Plus - Stanmore

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

Tuesday Pub Lunch - Winchester

Every week, at The Roebuck Inn, Stockbridge Road -
11.45am

Tuesday Pub Lunch - Sutton Scotney

Every week, at The Coach & Horses, Oxford Road -
11.45am



Thursday Exercise Classes - Godson House

Every week in the Common Room

Seated Class: 10.00am-11.15am

Thursday Exercise Class - Weeke

Every week at Weeke Community Centre,
Taplings Road

2-3pm

Tuesday Exercise Plus - Winchester

Every week at the United Church

Class One 10.30-11.30am

Class Two 11.45am -12.45pm

Friday Seated Exercise Class - Alresford

Every week at St Gregory's Church,
Grange Road: 10.30am - 12noon

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



Fortnightly Friday Activity Day

10.30am - 1pm at the United Church

(Sandwich lunch served at 12.30pm)

8th and 22nd June

6th and 20th July

Tuesday Exercise Plus - Alresford

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

Fortnightly Friday Lunch Club

11.00am - 1.30pm, the United Church:

1st and 15th June

13th and 27th July

No club on the 29th of June due to
Summer Outing.



Wednesday Seated Exercise Class - Winchester

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

Monthly Wednesday Restaurant club

11.45-1.30pm at Brasserie Blanc

13th June

11th July



Saturday Exercise Plus - Colden Common

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

Annual General Meeting

Friday 1st June

12pm till 2pm at The United Church, Jewry Street

Summer Outing: Friday 29th June

Hillier's Garden Centre and Living Rainforest, Newbury

Explore the rainforest without leaving the UK. The Living Rainforest is home to 700 species of plants and animals. Watch birds, butterflies, lizards and a two-toed sloth roam free in tropical glasshouses and find popular food plants used to make medicines and beauty products.

Lunch will be provided prior to admission at a local Hillier Garden Centre.

Price £30

Transport Included



Spinnaker Tower Abseil

Sunday 8th of July

Fundraising event for all Live at Home Schemes in Hampshire.

Roger Brooks will take part on behalf of the Winchester Live at Home Scheme and abseil 93 meters down the side of the building.

GOOD LUCK ROGER! You can sponsor Roger by visiting his just giving page at www.justgiving.com/fundraising/Roger-Brooks5 or by handing your donation in at the Live at Home office.

Monday Funday Outings

18th June - Manor Farm - £12

2nd July - Osborne House, Isle of Wight - £22*

9th July - Southsea Beach Café - £5

16th July - Furzey Gardens - £12

30th July - Swanage - £5

Places are limited to 10 on all trips - allocated on first come first served basis. Where trips are oversubscribed we will endeavour to run another trip at a later date to meet demand. 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.

* £8 for those with valid English Heritage Membership

