

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
10th of October and 14th of November

Tuesday Pub Lunch - Winchester

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

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 Exercise Class & Exercise Plus
- Stanmore**

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

Thursday Exercise Class - Weeke

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

Prior notice: The last class before Christmas will be on the 6th of December due to the room being used for their panto on the 13th

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



Friday Seated Exercise Class - Alresford

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

Tuesday Exercise Plus - Alresford

Every week at Makins Court, Windsor Road:
2.30pm - 3.30pm
On October 2nd, 9th, 16th, 23rd, 30th and November 6th class will be held at St Gregory's Church, Grange Road due to refurbishment at Makins Court.

Fortnightly Friday Activity Day

10.30am - 1pm at the United Church
(Sandwich lunch served at 12.30pm)
12th and 26th of October
9th and 23rd of November



**Tuesday Exercise Plus- Colden
Common**

Every week in Colden Common Village Hall, St Vigor
Way: 2pm– 3pm
No class on 23rd of October due to room not being available

Fortnightly Friday Lunch Club

11.00am - 1.30pm, the United Church:
5th and 19th of October
2nd and 30th of November



There is no club on the 16th of November due to our Christmas outing.

Tuesday Drama Group

Every week at the United Church:
1pm-2pm



**Wednesday Seated Exercise Class -
Winchester**

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



**Saturday Exercise Plus -
Colden Common**

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

Monday Funday Outings

5th November - Oxford University Museum of Natural History, £5 *

19th November - Gunwharf Quays Shopping, £5

3rd December - Winchester Christmas Markets, Free

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

* Unfortunately this trip is not suitable for wheelchair users

Fundraiser: Murder Mystery Event

Friday 19th October -7pm for 7.30pm start

Twyford Parish Hall

£22 each. Price includes a two course meal

Bring your own drinks

Raffle on the night

Tickets available from the LAH Office



SFWB Halloween Concert

Monday 29th October at 10.30am

United Church

A performance by our singing for well-being choirs followed by refreshments

Limited transport available



Christmas Outing

Friday 16th November

Squires Garden Centre - Badshot Lea

Shopping and Festive Lunch

£30

Price include three course lunch and transport



Fundraiser: Horse Racing Night

Saturday 24th November

The Worthy's Sports and Social Club

Price TBC

Tickets available soon from the LAH Office

