

Regular Activities



Mondays

Mondays (except 1st Monday of Month) – 10.30-12.30

Drop in for Coffee & Chat*

All welcome – drop in for coffee, tea, biscuits and good company.

Mondays – 1.30-2.15

Strength & Balance Class £7

Gentle exercise to help you maintain or regain your strength / balance, helping to reduce risk of falls/injury. Prebook places please.

1st Monday of Month - 10.45-12.00

Carers Group*

Peer support and talks, coffee and chat for people caring for a family member or friend.

Tuesdays

2nd Tuesday of Month - 10.30-12.00

Parkinson's Support Group*

Peer support and information, coffee and chat for people with Parkinson's or those caring for them.

Thursdays

Every week - 11.30-12.30

Seated Exercise Class £7

Stretch, strengthen and mobilise, with this fun and friendly gentle exercise class by Jo Cassells. Please prebook places.

Fridays

Every week – 10.30-12.30

Puzzle & Games Club*

Pop in to socialise over a jigsaw, chess challenge or scrabble etc, with tea and coffee available.

Every week – 1.15-2.15

Seated Yoga or Tai Chi ∞

Seated yoga or tai chi (alternate months). Please prebook places.

Saturdays

2nd and 4th Saturdays – 10.30-12.30

Communi-Tea Coffee Time*

Meet up with friends, or meet new people. Tea, coffee, chat, community talks and optional activities.

Plus

Chess – with Tuition available*

NEW!!

Learn to play or hone your existing skills. Tuition available by arrangement – please prebook. All ages welcome (children must be accompanied).

Any Time

Support and Information

If you need support on any aspect of living well in our community, from help with benefits applications, to finding out about care options, please get in touch.

Puzzle Exchange*

Pick up or swap a jigsaw to do at home (or on holiday).

For info/bookings: pop in to **The Hub** / call **01491 525637** / email **info@q1foundation.org.uk**

* Suggested donation £2.00 * Suggested donation £3 pp / £5 per couple ∞ Suggested donation £5.00 pp



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