

# Activity programme



## Mondays

Time	Activity	Location	Cost
10:30 - 11:45	Petanque with Barry 2x Sesiions	Winter Gardens	£3/£5
10:30 - 11:45	Bowls	Winter Gardens	£1 Booking Req
10:30 - 12:00	Card Making with Belinda	Craft Room	Free
11:00 - 11:30	Seated strength & tone with Sam	Village Hall	£3/£5
13:45 - 15:15	Reminiscence	The Hub	£1 Booking Req
14:00 - 15:30	Seated Drama with Margo	Library	£1pp
15:30 - 16:30	Tai Chi with Lousie	Village Hall	£3/£5
19:00 - 21:00	Darts	Games Room	Free

## Tuesdays

Time	Activity	Location	Cost
10:00 - 10:45	Buggy bootcamp	Village Hall	£3.50
10:00 - 10:45	Rhyme Time	Library	Free
10:30 - 12:00	Welcome morning (new residents)	The Hub	Free
10:30 - 12:30	Arts & Crafts with tea & coffee	Craft room	£1.50
11:15 - 11:50	Circuit class with Sam	Village Hall	£3/£5
14:00 - 14:30	Seated Dance with Sam	Village Hall	£3/£5
15:30 - 16:30	Sign language lessons, lipreading & listening skills	The Hub	Free
19:00 - 21:00	Snooker	Games Room	Free
19:00 - 20:30	Stoke Gifford Community Choir	Village Hall	£4 cash on the door

## Wednesdays

Time	Activity	Location	Cost
09:00 - 12:00	Windows IT assistance with Mitch	Library	Free
09:30 - 11:30	Sewing group with Sandra Hole	Craft Room	Free
10:00 - 12:00	Intergenerational Playgroup	Village Hall	£1pp
10:00 - 12:00	Volunteer Drop in with Talulah	The Hub	Free
10:30 - 11:45	Bowls	Winter Gardens	£1 Booking Req
10:45	Monthly walk to Boston Tea Party	Meet in reception	Free
11:00 - 12:00	Monthly Litter Pick	Meet in reception	Free
15:00 - 16:00	Beginners Kurling, Boccia and More	Village Hall	£1 with Tea/coffee
15:00 - 16:30	St Michael's Fellowship Group/Alpha	The Hub	Free
19:00 - 20:00	Sign language lesson	Library	Free

## Thursdays

Time	Activity	Location	Cost
10:30 - 12:00	Reading Group with Kay	Craft Room	£1 with Tea/coffee
10:30 - 11:00	Dance fit with Sam	Village Hall	£3/£5
10:30 - 11:45	Bowls	Winter Gardens	£1 Booking Req
14:00 - 15:00	Knit & natter	The hub	Free
14:00 - 14:30	Balance & falls prevention	Village Hall	£3/£5
14:00 - 16:00	Watercolour class with Steve	Craft Room	£3/£6
15:30 - 16:30	Monthly golden oldies singalong	Bistro/bar	£1
19:00 - 20:00	This is me! with guest speakers	Village Hall	Free

## Fridays

Time	Activity	Location	Cost
10:00 - 10:30	Strength & tone	Gym	£3/£5
10:30 - 12:00	Bob Ross style oil painting with Vince	Craft Room	£3/£6 Booking Req
10:30 - 12:00	Coffee Morning	Village Hall	Free
14:00 - 14:30	Chair Yoga	Village Hall	£3/£5
15:00	Songs of praise	Village Hall	Free
18:30 - 20:30	Music on the big screen	Village Hall	Free
19:00 - 21:00	Book Club	Library	Free

## Saturdays

Time	Activity	Location	Cost
14:00	Art appreciation	The Hub	Free
14:30	All sorts of music, music appreciation group	The Hub	Free
19:00	Bingo	Village Hall	£3pp

## Sundays

Time	Activity	Location	Cost
15:00	Sunday service	Village Hall	Free
15:30	Film afternoon	Village Hall	Free
19:00 - 21:00	Games social evening! Scrabble, bridge, cards, chess & more	The Bistro	Free
19:00 - 21:00	Quiz night	The Bar	Free

## Dates to save

Date/Time	Activity	Location	Cost
22nd - 12th 14:00 - 14:45	4 week 'Respiratory course' with students	Village Hall	Free
23rd - 13th 15:15 - 15:45	4 week 'Parkinson's exercise group' with students	Village Hall	Free
26th 10:00 - 13:30	Market Day	Village Centre	Free
27th 14:00	Rock 'n' roll party	Village Hall	Free
1st - 7th	Volunteers Week	Village	Daily activities
5th - 9th TBC	National Carers Week	The Hub	TBC
7th 19:00	North Avon Singers	Village Hall	£2 donation
16th From 9:00	Anstees Bakery	Village Centre	Free
17th 19:00	Cadillac Xpress! Get ready to swing, jive and rock & roll	Village Hall	£5/£7
23rd 19:30	Concord Wind Band	Village Hall	£2 donation
27th from 10:30	St Oswalds Bowls Team visiting the village for a game and lunch	Winter Gardens	Free
30th 10:00 - 13:30	Market Day	Village Centre	Free
30th from 19:00	English folk dance with Alan & Michael	Village Hall	Free
6th leaving 09:30	Coach trip to Sidmouth & the donkey sanctuary	Meet in reception	£13 & £15 see coach board for more details
8th 19:00	Live music by Frankie Jones	Bistro/Bar	£2 donation
14th 19:15	Raido days talk - remember those days?!	Village Hall	£2 cash on the door
22nd 11:00 - 15:00	Stoke Gifford Community Summer fair	Village Centre	Free
29th 19:30	Elvis tribute	Village Hall	£3/£5

# Surgeries

Date	Activity	Location	Time
Every Tuesday	Managers Surgery	Residents Lounge	14:00 - 15:00
15th	Housing Surgery	Residents Lounge	14:00 - 15:00
Every Thursday	Care Drop-in	Residents Lounge	10:00 - 12:00
3rd Friday of the month	Maintenance surgery with Claire by appointment only	Residents Lounge	10:00 - 12:00
Last Thursday of the month	Residents village meetings	Village Hall	15:00
Mon/Thurs	Sarah's Wellbeing service	Wellbeing room	13:00 - 14:00
Tues/Fri	Sarah's Wellbeing service	Wellbeing room	11:00 - 12:00
Every 2nd Thursday	'Ask my pharmacist'	Residents Lounge	13:30 - 14:30