

## Summer Activities, supported by the Hangleton and Knoll 50+ Group

### Monday (cont)

#### Men in Sheds

Garage at the top of West Road, Fishersgate 10am – 2pm Free first time then £25 per annum Contact Keith: 01273 413103.



#### Hangleton Library Textile Group

Hangleton Library 10am – 12.30pm Contact 01273 290800 Free



#### Hangleton Table Tennis Hangleton Community Centre

10.45am – 12.45pm. £2 Full Contact Bonnie: [bonniemargo@hotmail.com](mailto:bonniemargo@hotmail.com)



#### Hangleton Bowling Club Knoll Park (via Rowan Avenue)

10.30am-12.30pm £4 May to September Contact Margaret: 01273 423588 [kilbymej@gmail.com](mailto:kilbymej@gmail.com)



#### Hangleton & Knoll 50+ Tea, Chat and Friendship St Richard's

Monthly 1pm – 2.30pm Free Advance booking essential. Some transport for H&K residents. Contact Clare: 01273 410858



#### Old Knollonians (formerly Knollites Group) St Richard's

2pm - 4pm £4 Contact: Mike: 01273 777733



#### Film Club

Bishop Hannington Church 2pm 1<sup>st</sup> Monday in the month Suggested donation £1.50 for tea and cake Contact Jacquie: 07917 875355



#### Townswomen's Guild Housom United Reformed Church

2<sup>nd</sup> Monday of the month at 2.30pm Contact Wyn: [wynb41@gmail.com](mailto:wynb41@gmail.com)



### Tuesday

#### Dancing for Health Seated Exercise Class

£2 concessions / £3 (for adults of all ages) TBC Bishop Hannington Community Centre 11.15am-12.15pm Contact Claire: 01273 294589 Term time only



#### Brighton & Sussex Take Heart Group Portslade Leisure Centre

10am – 11am £6 per class £9 for couples £40 per month Contact David: 07834 595657



#### Standing Tall

Physio-led strength & balance class 60+ £6 per class Hangleton Community Centre 10am – 11.15am or 11.30am – 12.45pm Contact Ruth: 07399 993426 [www.standingtall.net](http://www.standingtall.net)



#### Benfield Wildlife & Conservation Group

Scrub clearing 10.30am October to March Contact Sally: 07941 288625



#### Sporting Memories Group County Cricket Ground

10.30am – 12noon Free Contact Emma: [emma.brooke@sussexcricket.co.uk](mailto:emma.brooke@sussexcricket.co.uk)



#### 60+ Tai Chi Health Class

St Richard's 12noon - 1pm £10 [www.taichibrighton.com](http://www.taichibrighton.com) Contact Ian: 07900 193230



#### Sing for Better Health in partnership with HK50+

Zoom 1pm - 2pm All welcome Donations Contact Udita: 01273 556755



#### DMob – Dementia Support Group

Shark Park Café, Portslade 1pm-3pm first Tue in the month Free Contact Alice: 07563 382806



#### Forget Me Nots

St Richard's 1.30pm - 4pm £2 Bingo, refreshments and a chat. Contact Ann: 01273 414483



#### Housom Fellowship Housom United Reform Church

2<sup>nd</sup> Tue in the month 2.30pm – 4pm Contact William: 01273 738762

#### Trefoil Guild (Guiding for Adults) West Blatchington Windmill Barn

1<sup>st</sup> Tuesday in the month. Annual membership £16 2.30pm Contact Janet: 01273 504513



#### Shape Up and Feel Better

St. Richard's 6pm – 7pm £3, first one free. Circuit Exercise Sessions Claire: 01273 410858



#### Zumba for all ages

St Richard's 7pm – 7.45pm £7 Contact Jo: 07711 243241 book at [Zumbawithjo.com](http://Zumbawithjo.com)



### Wednesday

**Cardiovascular Exercise Class St George's Church** £7 per session 9.30am – 10.30am Contact Richard: 07786 001771



**Men in Sheds** (see Mon entry) 10am – 4pm Contact Keith: 01273 413103



#### HKP Computer Help

St Richard's Bookable Free drop in, 10am – 12noon, 1pm – 3pm Contact Lulu: 01273 706469



#### West Area Health Forum

Quarterly on Wednesdays 10am – 12noon St Richard's. Contact Lulu: 01273 706469

#### Knoll Pilates Group

St Richard's 6 lessons for £25 10am - 11am and 11.15am - 12.15pm. Contact: [knollpilates@gmail.com](mailto:knollpilates@gmail.com)



#### Standing Tall via Zoom

Zoom Physio-led strength & balance class 60+ 10am – 11am £5 per class. Contact Ruth: 07399 993426



#### Carers Coffee Morning Online

10:30am - 11:30am Zoom Contact 01273 977000 or e-mail [info@carershub.co.uk](mailto:info@carershub.co.uk)

#### Growing Together at PLOT 22

Gentle gardening for isolated elderly and people living with dementia on their carers. 10.30am-12.30pm Free Two Wednesdays per month Contact Emma: 07717 467 862 or [info@plot22.org](mailto:info@plot22.org) [www.plot22.org](http://www.plot22.org)



#### H & K Community Action

Quarterly on Wed 10.30am-12noon St Richard's Contact Pat or Ann: 01273 414483



#### Smile While You Dance

St Richard's 1.30pm-3pm. Free tea and coffee Beginner's ballroom and Latin class. Ideal for those with dementia. Contact Sara: 01273 412585



#### Hangleton and West Blatchington Food Bank

St George's Church Hall, Court Farm Road 12noon-2pm by appointment only. Contact: [www.hangletonfoodbank.org](http://www.hangletonfoodbank.org) or [info@hangletonfoodbank.org](mailto:info@hangletonfoodbank.org) or 07990 631892



#### Hangleton Get Together Club

Hangleton Community Centre 10.30am-12.30pm Every other Wed £2.50 with refreshments, Contact Ricky: 07749 479306 or Sheila 01273 329844

#### DiVibe (low impact chair dance class)

St Richard's 2pm-3pm £6.50 Free tea coffee Contact Diane: 07795 956793 [www.divibe.co.uk](http://www.divibe.co.uk)



#### 50+ Social Bridge

Churchill House 2pm – 4pm £1 Contact Nick: 07899 066683



#### Brighton & Hove Breathe Easy Group

St Andrews & St Nicolas Church Hall, Portslade Contact Anita: 07715 683672

#### FREE Yoga for all abilities

6pm-7pm at St Richard's Contact Claire: 01273 410858

