Deadline for submission in November/December 2022 edition - 21st October, 2022

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.



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

£6 per class £9 for couples £40 per month

Portslade Leisure Centre

Contact David: 07834 595657

Standing Tall Physio-led strength &

£6 per class Hangleton

balance class 60+

Community Centre 10am - 11.15am or

11.30am - 12.45pm

Benfield Wildlife &

October to March

Contact Emma:

Conservation Group Scrub clearing 10.30am

Contact Sally: 07941 288625

Sporting Memories Group County Cricket Ground

10.30am - 12noon Free

emma.brooke@sussexcricket.co.uk

60+ Tai Chi Health Class

Sing for Better Health in

partnership with HK50+

Zoom 1pm - 2pm All

St Richard's 12noon - 1pm

www.taichibrighton.com Contact Ian: 07900 193230

Contact Ruth: 07399 993426 www.standingtall.net

10am - 11am

Tuesday



SPORTING MEMORIES FOUNDATION

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



The Hangleton & Knoll Project

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





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

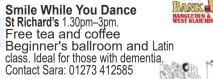


Carers Coffee Morning Online 10:30am - 11:30am Zoom Contact 01273 977000 or e-mail info@carershub.co.uk





H & K Community Action Quarterly on Wed 10.30am-12noon St Richard's Contact Pat or Ann: 01273 414483 FOOD A





St George's Church Hall, Court Farm Road 12noon–2pm by appointment only. Contact: www.hangletonfoodbank.org or info@hangletonfoodbank.org or 07990 631892







50+ Social Bridge Churchill House 2pm – 4pm £1 Contact Nick: 07899 066683



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



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



Hangleton Bowling Club Knoll Park (via Rowan Avenue)

Together Co Befriending



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



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

Old Knollonians



welcome Donations Contact @ cure for ADULTS Trefoil Guild Udita: 01273 556755 DMob - Dementia Support

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



ZUMBA

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

Hounsom Fellowship **Hounsom United Reform Church** 2nd Tue in the month 2.30pm – 4pm Contact William: 01273 738762

Trefoil Guild (Guiding for Adults) West Blatchington Windmill Barn 1st Tuesday in the month. Annual membership £16 2.30pm Contact





Zumba for all ages **St Richard's** 7pm – 7.45pm £7 Contact Jo: 07711 243241 book at Zumbawithjo.com





Suggested donation £1.50 for tea and cake Contact Jacquie: 07917 875355



Townswomen's Guild **Hounsom United Reformed Church**

2nd Monday of the month at 2.30pm Contact Wyn: wynb41@gmail.com





