



Monday 19 July

Stroke Association Communication Group

10.30 am – 12.30 pm Community Hall

The group is for stroke survivors who have communication difficulties. If anyone is keen to attend they should contact Rebekah on **01792 702222 ext 4232** and she will arrange a home assessment visit.

Zumba Class

1.00 – 2.00 pm Community Hall

This dance exercise class is inspired by Latin music and has easy to follow routines that will burn the calories. If you are interested in finding out more ring **Ellie** on **07803 246307** or come to the Community Hall on Monday.

Family Martial Arts

5.30 – 8.00 pm Community Hall

These sessions are run by a qualified instructor and are suitable for all ages and experience. Come to the Community Hall to find out more.

Pilates

6.00 – 8.00 pm Exercise Room

A qualified tutor leads this Pilates group and all are welcome to join. For more information come to the Exercise Room and talk to Mandy who is the group leader.

Tuesday 20 July

Make new friends

10.00 am Terrace Restaurant

Would you like to meet new people, find a new interest or just meet for coffee? Drop into the Terrace Restaurant to find out more

Pilates

10.00 – 11.00 am Community Hall

This small friendly exercise group is ideal if you want to improve your fitness. A small charge is made for each session. If you are interested in joining drop into the Community Hall.

Gentle Chair Exercises

11.00 am – 12.00 pm Community Hall

Join our low impact exercise class. It's a great way to meet new people, have fun and strengthen muscles.

The Hazel Court Choir

1.00 pm Community Hall

If you would like to join our Choir come along to the Community Hall where you will receive a warm welcome.

Tuesday 20 July continued

Falls Prevention Class

1.00 pm Exercise Room

This gentle exercise class aims to improve the balance of people aged 50 and over. For more information phone Tim Gill on **01792 635093**.

Family Yoga

6.30 – 8.30 pm Community Hall

Yoga routines incorporate slow, steady flexibility exercise that is suitable for all ages. This relaxed class is open to everyone.

Wednesday 21 July

Beginners Art Group

9.30am – 11.30 am Craft & Hobbies Room

This informal art group is ideal for anyone who would like to try Art for the first time and everyone is welcome. There is a charge of £4.00 per session.

Bosom Friends Yoga

10.00 am – 12.00 pm Community Hall

Bosom Friends invite any breast cancer patients to their gentle Yoga exercise and relaxation class each Wednesday during term time. There is a session fee of £4.50 For more information please contact Maureen on **206345**.

Walk, Talk and Tea

11.30 am Meet at Reception

Come along for an accompanied group walk. Chat and make new friends while getting some gentle exercise, then back to the Terrace Restaurant for tea or coffee.

Family Martial Arts.

5.30 – 8.00 pm Community Hall

These sessions are run by a qualified instructor and are suitable for all ages and experience. Drop into the Community Hall to find out more.

Thursday 22 July

Patchwork Class

2.00 pm Craft & Hobbies Room

This class is open to everyone and new members are always welcome. If you like making patchwork or want to learn how to do it this is your opportunity.

Yoga

5.00 – 8.30 pm Exercise Room

Yoga routines incorporate slow, steady flexibility exercise that is suitable for all ages. This relaxed class is open to everyone.

Yoga

6.30 – 8.30 pm Community Hall

Yoga's primary emphasis is on general well-being and can be of benefit to people of all ages. For more information contact Gill on **01792 882313**.



Thursday 22 July 2010

11.00 am – 4.00 pm

Join us for a day of fun and entertainment. Organisations will be here to give advice and information on a range of topics, Macmillan Cancer Care are having a Table Top Sale and throughout the Day there will be something happening to entertain you. You could try some chair exercise, have a complimentary massage, listen to the Hazel Court Choir, have a go on a Wii or enjoy a twirl around the dance-floor at our Afternoon Dance

- 12.00 Gentle Chair Exercise**
- 13.00 Hazel Court Choir**
- 13.45 Fire Safety Information by County Fire Brigade**
- 14.30 Take your partners for our Afternoon Dance**

Friday 23 July

Tai Chi

9.00 am Exercise Room

Tai Chi is for all ages so why not join the class for some gentle exercise. The charge is £3.00 per session with a qualified instructor.

Pilates

9.30 – 10.30 am Community Hall

A qualified tutor leads this Pilates group and all are welcome to join. If you are interested in joining the group come to the Community Hall to find out more.

Informal Art Group

1.00 – 5.00 pm Craft & Hobbies Room

This group is open to anyone who would like to paint or draw in the peaceful company of fellow artists. There is no formal structure to the sessions and no tuition.

Saturday 24 July

Artful Dodgers Art Group

2.00 pm Craft & Hobbies Room

If you are interested in painting and would enjoy the company of fellow artists for a few hours on Saturday afternoon why not come to the Craft & Hobbies Room and have a chat with the members.

Scrabble & Games Club

2.30 – 5.00 pm Community Hall

Join friends and neighbours to play board games. All are welcome.

Saturday Night Bingo

7.30 pm Community Hall

Saturday night is Bingo night at Hazel Court. The evening is all about fun and friendship. You might be lucky and win a prize.

Sunday 25 July

Parklands Church Youth Group

11.30 am Community Hall

Young people do not have to be church members to join this group. If you know someone who might be interested in spending time with them they could drop in on Sunday and speak to Keefe, who is the group leader.



Activities and events at Hazel Court are open to tenants and people from the community.

