

Category	Activity	Info	Website	When	Where
Art and Craft	Craft and Chat	Come and enjoy crafting and make friends and learn something new	<a href="https://www.pramacare.org.uk/PramaLIFE_Clubs.html">https://www.pramacare.org.uk/PramaLIFE_Clubs.html</a>	Thursday 2-4pm	The Old Rope Wealk, Blandford Road, Hamworthy, BH15 4AU
Children	Colouring Club	No need to book. Free. Suitable for ages 3+. Under 8s must be accompanied by an adult	<a href="https://www.poole.gov.uk/libraries-museums-art-and-culture/libraries/you-r-libraries/hamworthy-community-library/">https://www.poole.gov.uk/libraries-museums-art-and-culture/libraries/you-r-libraries/hamworthy-community-library/</a>	Wednesday 3pm-4pm	Blandford Rd, Poole BH15 4BG
Children	Polydron Club	No need to book. Free. Suitable for ages 3+. Under 8s must be accompanied by an adult	<a href="https://www.poole.gov.uk/libraries-museums-art-and-culture/libraries/you-r-libraries/hamworthy-community-library/">https://www.poole.gov.uk/libraries-museums-art-and-culture/libraries/you-r-libraries/hamworthy-community-library/</a>	Friday 3pm-4pm	Blandford Rd, Poole BH15 4BG
Children	Homework Club	No need to book. Free. Suitable for ages 3+. Under 8s must be accompanied by an adult	<a href="https://www.poole.gov.uk/libraries-museums-art-and-culture/libraries/you-r-libraries/hamworthy-community-library/">https://www.poole.gov.uk/libraries-museums-art-and-culture/libraries/you-r-libraries/hamworthy-community-library/</a>	Monday-Friday 3pm-430pm	Blandford Rd, Poole BH15 4BG
Children	Games Club	No need to book. Free. Suitable for ages 3+. Under 8s must be accompanied by an adult	<a href="https://www.poole.gov.uk/libraries-museums-art-and-culture/libraries/you-r-libraries/hamworthy-community-library/">https://www.poole.gov.uk/libraries-museums-art-and-culture/libraries/you-r-libraries/hamworthy-community-library/</a>	Tuesday 3pm-4pm	Blandford Rd, Poole BH15 4BG
Coffee	Coffee Morning	For older people with mobility problems and are isolated or lonely	<a href="https://www.pramacare.org.uk/PramaLIFE_Clubs.html">https://www.pramacare.org.uk/PramaLIFE_Clubs.html</a>	Fridays 1030-12pm	The Old Rope Wealk, Blandford Road, Hamworthy, BH15 4AU
Dance	Hamworthy Labour Club Tea Dance	Music, dancing, bingo and a raffle. Free club entry and a buffet. Call for more details	Monday 12:30 - 2pm. Call 01202 245917 for more details	Monthly, call the Lighthouse for more details	Labour Club, 73 Lake Road, Hamworthy

Dementia	Memory Café Alzheimer's Society	£2 per session. No need to book, just turn up and a member of the team will greet you. For people with dementia and their carers	Email office for more details admindorset@alzheimers.org.uk	Wednesday 2pm-4pm	
Dementia	PramaLife Memory Café	£2 per session inc tea and biscuit. A social afternoon with activities, advice and support for people affected by dementia and their carers	<a href="https://www.pramacare.org.uk/PramaLife_Clubs.html">https://www.pramacare.org.uk/PramaLife_Clubs.html</a>	<u>Monday 2-4pm</u>	
Dementia	Memory Lane Group	Do you live with or care for somebody who is experiencing memory loss or dementia? Come and join us for a social afternoon or activities and advice and support	<a href="https://www.pramacare.org.uk/supporting-you/">https://www.pramacare.org.uk/supporting-you/</a>	Monday 2-4pm	Community Hall, The Old Rope Walk, Blandford Road, BH15 4AU
Entertainment	Sporting Memories	£1 including refreshments, come along, listen and share sporting memories with older sporting fans	<a href="https://gallery.mailchimp.com/224f8c5de13d9f50f54d812e2/files/8977accf-2ee1-46d3-96d3-7aad9de58a78/Sporting_memories_A4_2018.pdf">https://gallery.mailchimp.com/224f8c5de13d9f50f54d812e2/files/8977accf-2ee1-46d3-96d3-7aad9de58a78/Sporting_memories_A4_2018.pdf</a>	<u>Monday 11-1pm</u>	Old Rope Walk (Sheltered Housing complex) Hamworthy, BH15 4AU
Exercise	Pilates Back Care	£6 per session. Improve body function, muscle imbalance and enable you to move more freely	Email kk1343@hotmail.co.uk for more details	Tuesday 640pm-740pm	Blandford Rd, Poole BH15 4BG
Exercise	Pilates Mixed Level	£6 per session. Stretching and strengthening to improve spine mobility and posture	Email kk1343@hotmail.co.uk for more details	Tuesday 530pm-630pm	Blandford Rd, Poole BH15 4BG
Exercise	Senior Low impact Chair Exercise	Exercise to reduce joint stiffness, the more you move the more energy you have	Email kk1343@hotmail.co.uk for more details	Thursday 1130-1215pm	Blandford Rd, Poole BH15 4BG

Exercise	REACH Yoga group (part of Dorset Mental Health Forum)	£5 per session	Email <a href="mailto:reach@dorsetmentalhealthforum.org.uk">reach@dorsetmentalhealthforum.org.uk</a> for more details		Blandford Rd, Poole BH15 4BG
Exercise	Chair Exercises Classes	£2 per session, 1st session is free. Carer free	<a href="https://www.yourph.org.uk/residents-and-leaseholders/resident-involvement/health-and-wellbeing/">https://www.yourph.org.uk/residents-and-leaseholders/resident-involvement/health-and-wellbeing/</a>	Friday 2pm	Derek Orchard Sheltered Housing, Goathorn Close, Turlin Moor, BH16 5AD
Exercise	Armchair keep fit	£2 per session, refreshments available. Suitable for all abilities	<a href="https://www.pramacare.org.uk/PramaLIFE_Clubs.html">https://www.pramacare.org.uk/PramaLIFE_Clubs.html</a>	Tuesday 1130-1215pm	The Old Rope Walk, Blandford Road, Hamworthy, BH15 4AU
Gardening	Hamworthy Park	Can attend at 930 to walk around the park first	<a href="http://pooleprojects.net/enviroteers/hands-on-at-hamworthy/">http://pooleprojects.net/enviroteers/hands-on-at-hamworthy/</a>	Thursday 1030am-1130am	Lulworth Ave, Hamworthy, Poole BH15 4DH
Gardening	Community Garden Alderney West	Community garden project, call for more details	<a href="http://www.sustainablefoodcity.org/partners/alderney-west-community-garden">http://www.sustainablefoodcity.org/partners/alderney-west-community-garden</a>	Tuesday (not the last Tuesday of the month) 7pm-830pm	Bedford Road, just before the subway
Gardening	Community Garden Poole Town	Community garden project, call for more details	<a href="http://www.sustainablefoodcity.org/partners/old-town-poole-community-garden">http://www.sustainablefoodcity.org/partners/old-town-poole-community-garden</a>		Near the Quay in Poole town centre
Lunch	Homemade Soup Lunch	£2 – enjoy lunch with new and old friends	Contact – Bridget Barrett on 01202 207310 or email: <a href="mailto:bridget.barrett@pramacare.co.uk">bridget.barrett@pramacare.co.uk</a>	1st Tuesday of the month 1230pm	Old Rope Walk, Blandford Rd, Hamworthy BH15 4AU
Lunch	Homemade Soup Lunch	Come and enjoy lunch with old friends and new. £2 per person	<a href="https://www.pramacare.org.uk/PramaLIFE_Clubs.html">https://www.pramacare.org.uk/PramaLIFE_Clubs.html</a>	1st Tuesday of the month 1230pm	The Old Rope Walk, Blandford Road, Hamworthy, BH15 4AU

Lunch	Hinchcliff Close Lunch Club	Lunch	No Website Available: Thursdays fortnightly 1pm. Call 01202 684306 for more details	Thursday 1pm	Hinchcliffe Close, Hamworthy, BH15 4DZ
Photography	Dorset Light Photography Courses	Photography course	No Website Available: Thursdays fortnightly 1pm. Call 01202 684306 for more details	Friday 2pm-4pm	St Michaels Church Hall, Blandford Road, Hamworthy, BH15 4HR
Reading	Books on Prescription	Provide info and advice for people with dementia and their carers	<a href="http://www.boroughofpoole.com/libraries">www.boroughofpoole.com/libraries</a>	<u>N/A</u>	110 Dolphin Centre, Poole BH15 1SZ