

Children	Colouring Club	No need to book. Free. Suitable for ages 3+. Under 8s must be accompanied by an adult	https://www.poole.gov.uk/libraries-museums-art-and-culture/libraries/your-libraries/hamworthy-community-library/	Wednesday 3pm-4pm
Children	Polydron Club	No need to book. Free. Suitable for ages 3+. Under 8s must be accompanied by an adult	https://www.poole.gov.uk/libraries-museums-art-and-culture/libraries/your-libraries/hamworthy-community-library/	Friday 3pm-4pm
Children	Homework Club	No need to book. Free. Suitable for ages 3+. Under 8s must be accompanied by an adult	https://www.poole.gov.uk/libraries-museums-art-and-culture/libraries/your-libraries/hamworthy-community-library/	Monday-Friday 3pm-4:30pm
Children	Games Club	No need to book. Free. Suitable for ages 3+. Under 8s must be accompanied by an adult	https://www.poole.gov.uk/libraries-museums-art-and-culture/libraries/your-libraries/hamworthy-community-library/	Tuesday 3pm-4pm
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
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	https://www.pramacare.org.uk/PramaLIFE_Clubs.html	Monday 2-4pm
Entertainment	Sporting Memories	£1 including refreshments, come along, listen and share sporting memories with older sporting fans	https://gallery.mailchimp.com/224f8c5de13d9f50f54d812e2/files/8977accf-2ee1-46d3-96d3-7aad9de58a78/Sporting_memories_A4_2018.pdf	Monday 11-1pm
Exercise	Pilates Back Care	£6 per session. Improve body function, muscle imbalance and enable you to move more freely	Email kkl343@hotmail.co.uk for more details	Tuesday 640pm-740pm
Exercise	Pilates Mixed Level	£6 per session. Stretching and strengthening to improve spine mobility and posture	Email kkl343@hotmail.co.uk for more details	Tuesday 530pm-630pm
Exercise	Senior Low impact Chair Exercise	Exercise to reduce joint stiffness, the more you move the more energy you have	Email kkl343@hotmail.co.uk for more details	Thursday 1130-1215pm
Exercise	REACH Yoga group (part of Dorset Mental Health Forum)	£5 per session	Email reach@dorsetmentalhealthforum.org.uk for more details	
Exercise	Chair Exercises Classes	£2 per session, 1st session is free. Carer free	https://www.yourphp.org.uk/residents-and-leaseholders/resident-involvement/health-and-wellbeing/	Friday 2pm

Exercise	Over 60's body balance	£4 a session. Gentle and fun exercise class aimed at better posture, strength, stability and reducing the risk of falls		
Gardening	Hamworthy Park	Can attend at 930 to walk around the park first	http://pooleprojects.net/enviroteers/hands-on-at-hamworthy/	Thursday 1030am-1130am
Gardening	Community Garden Alderney West	Community garden project, call for more details	http://www.sustainablefoodcity.org/partners/alderney-west-community-garden	Tuesday (not the last Tuesday of the month) 7pm-830pm
Gardening	Community Garden Poole Town	Community garden project, call for more details	http://www.sustainablefoodcity.org/partners/old-town-poole-community-garden	
Lunch	Homemade Soup Lunch	£2 – enjoy lunch with new and old friends	Contact – Bridget Barrett on 01202 207310 or email: bridget.barrett@pramacare.co.uk	1st Tuesday of the month 1230pm
Lunch	Hinchcliff Close Lunch Club	Lunch	No Website Available: Thursdays fortnightly 1pm. Call 01202 684306 for more details	Thursday 1pm
Photography	Dorset Light Photography Courses	Photography course	No Website Available: Thursdays fortnightly 1pm. Call 01202 684306 for more details	Friday 2pm-4pm
Reading	Home Library Service	For people who are unable to visit the library themselves	www.boroughofpoole.com/libraries	Thursday 630pm-9pm
Reading	Books on Prescription	Provide info and advice for people with dementia and their carers	www.boroughofpoole.com/libraries	N/A
	The Best Foot Forward Leg Club	If you are a patient at The Adam Practice and you have, or have a history of, Ulceration, Cellulitis, Eczema of the lower limbs, then come along to one of our Leg Club clinics where we will be happy to help you.	http://www.adampractice.co.uk/page1.aspx?p=1&t=8	Thursday 9-12pm