

Monday Activities	January – April 2015	Cost	Room
Men's Morning 9.30am - 11.30am	Enjoy social activities such as cards, dominoes and chess with like-minded gentlemen, this also includes (Men's Table Tennis in room 4) 9:30am – 11:15am	£2 per session	3
Exercise For All 10am – 11am	Seated or standing aerobic movements to music with this fun, friendly, young minded group. With Tracie Woodall . Coffee social after the class.	£4 per session	2
Complete Exercise 11.30am - 12.30pm	Low impact, to develop core strength and flexibility. With Barry Westley .	£4 per session	4
Beginners Plus Computers 12.00noon – 2.00pm	This course is the next step up from the beginners on Wednesday & Thursday or for people who want to develop their IT skills and confidence. Speak to a member of staff to find out what level is best for you. Must have home computer. Starting 26th January	£40 for a 10 week programme	3
Line Dancing 12:55pm – 1:55pm	With Linda Jones . Maintain your fitness whilst having fun. Solos and groups welcome.	£4 per session	4
Stitch in Time 2.00pm – 4.00pm	Make new friends over coffee whilst trying your hand at knitting, crochet and various other stitch crafts.	£2 per session	2
Strictly Style Dance Beginners 2:00pm – 3.00pm	New at dancing or want to brush up your steps, join this friendly No partner needed just come and enjoy the fun with our friendly dance tutor Julie Willetts .	£4 per session	4
Watercolour Art 2.30pm – 4.30pm	Enjoy using various watercolour art techniques in a social atmosphere. Starting 26th January	£40 for a 10 week programme	3
Strictly Style Dance Intermediate 3:15pm – 4:15pm	Learn ballroom and Latin dance in this sociable group session with Julie Willetts . Tea for this class will be served before the start of the session. Partners not necessary.	£4 per session	4

Tuesday Activities		Cost	Room
Exercise For All 10.45am – 11.45am	Standing or seated, gentle exercise to music with Everton Rooms - For the over 50's. Coffee/ Tea social after the class	£4 per session	2
Circle Dancing NEW GROUP Dementia 9:45 – 10:45am (2 nd & 4 th Tuesday of the month only)	Circle dancing can benefit the mind, body and spirit. This session is tailored for people with the very first stages of low level dementia. You can bring a friend, wife, husband, carer for FREE to join in with this session as circle dancing can help the mind stay active using a variety of moves and rhythms. Starting 27th January	£4 per session	4
Circle Dancing NEW GROUP 11:00am – 12noon Weekly Session	An enjoyable session which combines routines, different movements and creates a unique experience of dance, both seated and standing. Starting Tuesday 20th January	£4 per session	4
Book & a Cuppa 12.15pm – 1:30pm	Share your thoughts, enjoy reading, or simply listen to short stories and poems whilst relaxing with a <i>cuppa</i>	£2.50 per session	3
Stitch in Time NEW GROUP 2.00pm – 4.00pm	Try your hand at various stitch crafts, knitting, crochet and more. Bring your own project or get support from Rita our volunteer. Learn new skills or start a new project.	£2 per session	2
Book & a Cuppa 2:30pm – 4:00pm	Talk about poems, enjoy light reading, or simply listen to short stories and poems whilst relaxing with a <i>cuppa</i> .	£3 per session	3
Complete Exercise & Relax / Tai Chi 2.00pm – 3.00pm	Low impact class, to develop core strength, flexibility and relaxation, incorporating different methods. Relax & Stretch, Basic Tai Chi and Complete Exercise with Barry Westley , who will guide you through this new and exciting class.	£4 per session	4

Springboard Trips

Springboard arranges monthly trips to places of interest across the UK for anyone, aged 50 or over. Please call, drop in or look on the website for the upcoming trips.

Table Tennis

Whether you have played table tennis before or not and fancy some light exercise with a partner or friend, book yourself an hour slot at reception for just £2 an hour Monday – Friday.

Wednesday Activities		Cost	Room
Family History Course 10.00am – 12noon	Learn how to discover your ancestry using a variety of research skills with our experienced tutor on this ten week course. Starting 28th January	£40 for a 10 week programme	3
Exercise For All 11.00am – 12.00noon	Exercise, fun and laughter for all over the age of 50 years. Seated or standing exercise with tea and coffee social.	£4 per session	2
Family History Club/ Drop In 12:15 – 1:15pm	After you have taken the 10 week course you can come to the family history drop in sessions whenever you need to discuss your findings. Help and advice with Sue and past family history course friends. This drop in will run 28th January to 8th April	£2 per session	3
Beginners Computer 1.30pm – 3.30pm	Join our tutors in a relaxed learning environment. A class for the beginner, fairly new to computers. Starting 28th January	£40 for a 10 week programme	3
General Art (Glass Engraving, Watercolours & Acrylics) 1:30 – 3:30pm	This activity is for anyone of any ability. If you're an old hand at art or wish to experience something completely new. Tutor Barrie Cooper will guide you through the ten week course Starting 28th January	£40 for a 10 week programme	2
IPad and Tablet 3.45pm – 5.30pm	New 5 Week Ipad and Tablet beginner's courses. Learn to send a photo on an e-mail, use iCloud, App Store and much more. Android Starting 28th January, Ipad Course Starting 4th March *Also available one-to-one sessions weekly. Please ask staff for more information or to book place. £2 per session	£17.50 for a 5 week short course	3

IT Support Service and IT Cafe

One-to-one sessions slots available weekly with one of our experienced IT tutors who will give you help & advice on any Computer, Tablet or Ipad issues. Also if you are looking for assistance with your computer technical needs please book a session and we will be glad to help.

Holistic/Beauty Therapy & Counselling We offer a wide range of holistic and beauty therapies which are available on Mondays, for those who are attending a Springboard activity, for a small fee. Counselling services can be arranged for any Springboard clients free of charge.

Thursday Activities		Cost	Room
Beginners Computer 10.00am – 12:00	Join our tutors in a relaxed learning environment. A class for the beginner fairly new to computers. Starting 29th January	£40 for a 10 week programme	3
Exercise For All 11.00am – 12.00am	Active exercise to music with Mark Phillips for all who like to push themselves. Seated or standing.	£4 per session	2
Digital Photography for Beginners 12.30pm – 2.30pm	Learn how to get the best from your camera to capture the perfect picture, along with editing and printing guidance. All you need is your camera and enthusiasm. Starting 29th January	£40 for a 10 week programme	3
Drama Group 1.00pm – 2.30pm	Join this friendly group to work towards fun performances for pleasure and meet new people along the way.	£3 per session	2
Choir 3.00pm – 4.00pm	Join our expanding choir and sing for pleasure. All voices and abilities welcome.	£2 per session	2
Strictly Style Social Intermediate/Advanced 4.15pm – 5.15pm	Ballroom dance with this sociable group session on Mondays and Thursdays. Please speak to Staff or Julie Willetts to see if you would be best suited to Beginners or Intermediate class . Partners not necessary. Your free cup of tea or coffee will be served before this session.	£4 per session	4

Friday Activities		Cost	Room
Photography Club 10.25am – 12.25pm	Suitable for people already confident with their camera but wishing to develop photography skills. Starts back 16th Jan	£4 per session	3
Zumba Fitness Class One 10.30am – 11:30am	Latin-inspired workout that is easy to follow, suitable for everyone looking to have fun. With experienced tutor, Tracie Woodall . Must book ahead by calling 01384 571830	£4 per session	4
Aerobic and Tone 11.35am – 12:35pm	All standing class with no floor work . This class uses various routines and toning moves with different equipment to make you feel fresh & healthy for the new year.	£4 per session	4
Acrylic Art 2.00pm – 4.00pm	A fun and informative insight into the world of acrylics and other materials. Starting 30th January	£40 for a 10 week programme	2