



## **'STAYING STEADY'**

### **Exercise Classes for Seniors in North Somerset**

These classes are part of a North Somerset wide initiative to increase healthy and active living in North Somerset. The exercise sessions are good for improving flexibility, co-ordination, strength and balance.

Please contact the instructor in advance to make sure the group is meeting on that day, or Nikki Smith at Age UK Somerset on

**Mobile number: 07530 777895**

Age UK Somerset

Reg. Charity Number 1015900

## BACKWELL

**What?** Flexercise with Janet Stone  
**Where?** Lawnside, Church Lane, BS48 3JP  
**When?** Friday 10.30am-11.30am  
**Contact:** Age UK Somerset 07530 777895 **COST:** Free

**What?** Tai Chi - Standing Work  
**Where?** Women's Institute Hall, Station Road, BS48 3NW  
**When?** Monday 12.30pm-1.30pm  
**Contact:** Tony Dove 07886 630436 **COST:** £5

## CLEVEDON

**What?** Boccia with John Bourn  
**Where?** Clevedon Court, 32 Dial Hill Road, BS21 7HN  
**Contact:** Age UK Somerset 07530 777895 **COST:** Free

**What?** Boccia with John Bourn  
**Where?** Elm View, Moor Lane, BS21 6EU  
**Contact:** Age UK Somerset 07530 777895 **COST:** Free

**What?** Cancer Rehabilitation Class  
**Where?** Everyone Active Gym, Hands Stadium, Davis Lane, BS21 6TG  
**When?** Tuesday 3pm-4pm  
**Contact:** Kate Oldham 07800 743305 **COST:** £1.50

**What?** Dance Fitness - Exercise to Music  
**Where?** The Triangle Club, 1-3 Old Church Road, BS21 6LZ  
**When?** Monday 10am-11am  
**Contact:** Jo Knowles 01275 544472 **COST:** £4

## Do you have spare time?

### Get active and become a volunteer!

Do you have a desire to make a difference to older people's lives? Our volunteers lead regular chair-based activity sessions taking place in various retirement accommodation, the events are sociable and fun. We also run inclusive activities like Boccia and New Age Kurling.

No experience is necessary as full training is provided for volunteers. It will help if you have a friendly manner, enjoy meeting other people, are non-judgemental and have a great sense of humour!

Do get in contact for further information.

## *Nikki Smith*

Ageing Well Manager

Email: [nikki.smith@ageuksomerset.org.uk](mailto:nikki.smith@ageuksomerset.org.uk)

Call: 07530 777895

**What?** Zumba for Over 55s  
**Where?** Martindale Court, Martindale Road, BS22 8QQ  
**When?** Thursday 2pm-3pm  
**Contact:** Emily Gazey 07892 825617 **COST:** £3

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**What?** Do Yoga  
**Where?** Our Lady of Lourdes, 28 Bay Tree Road, BS22 8HQ  
**When?** Friday 10am-11am  
**Contact:** Emma Glidden 07884 434710 **COST:** £5

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**What?** Tai Chi Seated & Standing with Les Cornford  
**Where?** Ashcombe Park Bowling Club, Milton Road, BS22 8EN  
**Contact:** Age UK Somerset 07530 777895 **COST:** £1

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**WINSCOMBE**

**What?** Flexercise with Mary Bendell  
**Where?** Sewell House, Winscombe, BS2 1LQ  
**Contact:** Age UK Somerset 07530 777895 **COST:** Free

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**What?** Tai Chi for All Abilities with Cheryl Mountford  
**Where?** Winscombe Community Centre, Sandford Road, BS35 1JA  
**When?** Friday 2pm-3pm  
**Contact:** Age UK Somerset 07530 777895 **COST:** £4

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**YATTON**

**What?** Extend Movement to Music with Gill Porter  
**Where?** Yatton Village Hall, The Causeway, BS49 4HL  
**When?** Tuesday 2pm-3pm  
**Contact:** Age UK Somerset 07530 777895 **COST:** £3.50

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**What?** Extend Movement to Music with Gill Porter  
**Where?** Clevedon Baptist Church Hall, BS21 6NH  
**When?** Tuesday 12noon-1pm  
**Contact:** Age UK Somerset 07530 777895 **COST:** £3.50

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**What?** Gentle Exercise  
**Where?** The Triangle Club, 1-3 Old Church Road, BS21 6LZ  
**When?** Monday 11.15am-12.15pm  
**Contact:** Jo Knowles 01275 544472 **COST:** £4

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**What?** Dance Fitness  
**Where?** The Triangle Club, 1-3 Old Church Road, BS21 6LZ  
**When?** Wednesday 10am-11am  
**Contact:** Jo Knowles 01275 544472 **COST:** £4

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**What?** Tai Chi for Seniors - mixed ability  
**Where?** Scout Hut - behind Barn Great Western Road  
**When?** Monday 9.30am-10.30am  
**Contact:** Tony Dove 07886 630436 **COST:** £5

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**What?** Tai Chi for Seniors - for people with limited mobility  
**Where?** Clevedon Community Centre, 2 Princes Road, BS21 7SZ  
**When?** Monday 10.45am-11.45am  
**Contact:** Tony Dove 07886 630436 **COST:** £5

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**What?** Tai Chi for Seniors - for people with limited mobility  
**Where?** Searle Court, Cherry Avenue, BS21 6HS  
**When?** Wednesday 2pm-3pm  
**Contact:** Tony Dove 07886 630436 **COST:** £5

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**What?** Walking Football - helping older people stay active  
**Where?** Clevedon Town AFC, Hand Stadium, Davis Lane, BS21 6TG  
**When?** Thursday 10.30am-11.30am  
**Contact:** Samantha Hibbs 01275 878052 **COST:** n/k

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#### CONGRESBURY

**What?** Gentle Exercise - seated and standing  
**Where?** The Old School Rooms, Station Road, BS49 5DX (A370)  
**When?** Thursday 9.30am-10.30am and 10.30am-11.30am  
**Contact:** Jo Knowles 01275 544472 **COST:** £3.50

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#### LONG ASHTON

**What?** Tai Chi for Over 50s  
**Where?** Keedwell Hall, Keedwell Hill, BS41 9DP  
**When?** Friday 11.30am-12.30am  
**Contact:** Tony Dove 07886 630436 **COST:** £5

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**What?** Tai Chi for people with limited mobility  
**Where?** Our Lady of Lourdes, 28 Baytree Road, BS22 8HQ  
**When?** Wednesday 9.30am-10.30am  
**Contact:** Tony Dove 07886 630436 **COST:** £5

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**What?** Seated & Standing Tai Chi with Les Cornford  
**Where?** Knightstone House,, Lower Bristol Road, BS23 2PG  
**When?** Tuesday 11am-12noon  
**Contact:** Age UK Somerset 07530 777895 **COST:** Free

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**What?** Tai Chi for Over 50s  
**Where?** United Reform Church, The Boulevard, BS23 1LF  
**When?** Thursday 12.45pm-2pm  
**Contact:** Malcolm Droy 07817 395510 **COST:** £3.50

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**What?** Tai Chi for all abilities  
**Where?** The Campus, Highlands Lane, Locking Castle, BS34 7DX  
**When?** Thursday 9.30am-10.30am  
**Contact:** Tony Dove 07886 630436 **COST:** £5

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**What?** Tai Chi for Seniors with Cheryl Mountford  
**Where?** Clarence Park Baptist Church, Walliscote Road, BS23 1ED  
**When?** Friday 10.30am-11.30am  
**Contact:** Age UK Somerset 07530 777895 **COST:** £4

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**What?** Zumba for Over 55s  
**Where?** Sandringham Court, Lonsdale Avenue, BS23 3QW  
**When?** Friday 1.45pm-2.45pm  
**Contact:** Emily Gazey 07892 825617 **COST:** £3

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**What?** **Extend Movement to Music** with Chris Burt  
**Where?** Worle Baptist Church, Rawlins Avenue, BS22 7FN  
**When?** Friday 11.45am-12.45pm  
**Contact:** Age UK Somerset 07530 777895 **COST:** £3

**What?** **Flexercise**  
**Where?**

- Big Worle Hub, Geniton, Clovelly Road, BS22 6LN
- Eddington Court, 30 Beach Road, BS23 1DH
- Pegasus Court, 58 Beach Road, BS23 4AL
- Plumley Court, Clarence Road South, BS23 4BU

**Contact:** Age UK Somerset 07530 777895 **COST:** Free

**What?** **Funtionally Fit and Feeling Fab**  
**Where?** St Augustine's Church Centre, Rectory Way, BS24 8DA  
**When?** Tuesday 10am-11am  
**Contact:** Amanda Ball 07814 392217 or 01934 820206 **COST:** £4

### General Sports for the Over 50s

**What?** Includes badminton, short tennis, aerobics, swimming, table tennis and racquet ball. Short mat bowls and curling are held on Thursdays only. Walking netball on second Tuesday of the month from 1pm-2pm (surcharge of £1 per session)  
**Where?** Hutton Moor Leisure Centre, Hutton Moor Road, BS22 8LY 01934 425900  
**When?** Tuesdays and Thursdays, 9am-1pm  
**COST:** £5 yearly membership to the 50+ Club plus £3.80 per session with additional charge of £1 for Walking Netball

**What?** **Stroke Rehabilitation Class - very gentle exercise**  
**Where?** Hutton Moor Leisure Centre, Hutton Moor Road, BS22 8LY  
**When?** Tuesday 12.30pm-1.30pm  
**Contact:** Corinne Mutlow 07919 532960 **COST:** £3.80

## NAILSEA

**What?** **Dance Fitness - low impact, suitable for over 50s**  
**Where?** Wesley Methodist Church Centre, 74-76 Silver Street, BS48 2DS  
**When?** Friday 10am-11am  
**Contact:** Jo Knowles 01275 544472 **COST:** £4

**What?** **Gentle Exercise to Music - seated and standing**  
**Where?** Wesley Methodist Church Centre, 74-76 Silver Street, BS48 2DS  
**When?** Friday 11.15am-12.15pm  
**Contact:** Jo Knowles 01275 544472 **COST:** £4

**What?** **Flexercise** with Margaret James  
**Where?** Pegasus Court, Silver Street, BS48 2BP  
**Contact:** Age UK Somerset 07530 777895 **COST:** Free

**What?** **Extend Movement to Music** with Gill Porter  
**Where?** Wesley Methodist Church Centre, 74-76 Silver Street, BS48 2DS  
**When?** Wednesday 2.30pm-3.30pm  
**Contact:** Age UK Somerset 07530 777895 **COST:** £3.50

**What?** **Zumba for over 55s**  
**Where?** Alliance homes, Hobbs Court, Link Road, BS48 1AJ  
**When?** Wednesday 11am-12noon  
**Contact:** Emily Gazey 07892 825617 **COST:** £3

## PILL

**What?** **Extend Movement to Music** with Susanna Delve  
**Where?** Pill Community Centre, Church Lane, Pill, BS20 0AE  
**When?** Wednesday 10.30am-11.30am  
**Contact:** Age UK Somerset 07530 777895 **COST:** £3.50

## PORTISHEAD

**What?** **Breathe, Stretch and Flex** with Suzannah Delve  
**Where?** Methodist Church Wesley Centre, High Street, BS20 6EN  
**When?** Tuesday 11.15am-12.15pm  
**Contact:** Age UK Somerset 07530 777895 **COST:** £3.50

**What?** **Cancer Rehabilitation Class**  
**Where?** Jubilee Hall, 49 Slade Road, BS20 6BE  
**When?** Tuesday noon-1pm  
**Contact:** Kate Oldham 07800 743305 **COST:** £1.50

**What?** **Extend Movement to Music** with Suzannah Delve  
**Where?** Methodist Church Wesley Centre, High Street, BS20 6EN  
**When?** Tuesday 10am-11am  
**Contact:** Age UK Somerset 07530 777895 **COST:** £3.50

**What?** **Flexercise** with Catherine Crook  
**Where?** St Peter's Lodge, High street, BS20 6PJ  
**Contact:** Age UK Somerset 07530 777895 **COST:** Free

**What?** **Flexercise** with Margaret James  
**Where?** Waverley Court, Forth Avenue, BS20 7NY  
**Contact:** Age UK Somerset 07530 777895 **COST:** Free

**What?** **Tai Chi for Over 50s - all abilities**  
**Where?** Jubilee Hall, 49 Slade Road, BS20 6BE  
**When?** Thursday 2.30pm-3.30pm  
**Contact:** Tony Dove 07886 630436 **COST:** £5

**What?** **Stroke Rehabilitation Class - very gentle exercise**  
**Where?** Parish Wharf Leisure Centre, Harbour Road, BS20 7DD  
**When?** Tuesday noon-1pm  
**Contact:** Jo Rickwood 07899 754937 **COST:** £4.60

**What?** **Yoga for the Over 50s**  
**Where?** Jubilee Hall, 49 Slade Road, BS20 6BE  
**When?** Tuesday 10am-11.15am  
**Contact:** Suzi Griffin 07776 321989 **COST:** £6

**What?** **Zumba for Over 50s**  
**Where?** Jubilee Hall, 49 Slade Road, BS20 6BE  
**When?** Monday 2pm  
**Contact:** Emily Gazey 07892 825617 **COST:** £3

## WESTON-SUPER-MARE and WORLE

**What?** **Breathe, Stretch and Relax** with Yulia Taravkova  
**Where?** Worle Baptist Church, Rawlins Avenue, BS22 7FN  
**When?** Monday 11am-12noon  
**Contact:** Age UK Somerset 07530 777895 **COST:** £3.50

**What?** **Dance Fitness for Over 60s**  
**Where?** Our Lady of Lourdes, 28 Baytree Road, BS44 8HQ  
**When?** Thursday 10.30am-11.30am  
**Contact:** Sue Barton 01934 843719 **COST:** £4

**What?** **Exercise to Music**  
**Where?** Hutton Moor Leisure Centre, Hutton Moor Road, BS22 8LY  
**When?** Tuesday 10.30am & Thursday 10.45am  
**Contact:** Corinne Mutlow 07919 532960 **COST:** £3.50

**What?** **Extend Movement to Music** with Chris Burt  
**Where?** United Reform Church, The Boulevard, BS23 1LF  
**When?** Friday 10am-11am  
**Contact:** Age UK Somerset 07530 777895 **COST:** £3