

## Why do we need Ageing Well?

By encouraging older people to have a healthy lifestyle, Ageing Well aims to improve the quality of these extra years, ensuring that “adding years to life” also means “adding life to years”!



## Our other Exercise and Activity Sessions

In addition to the sessions listed in this booklet we also organise sessions throughout Somerset, and Chair-based Flexercise sessions led by Volunteers, throughout Somerset and North Somerset. Please let us know if you would like information about these.

## Would you like to get involved? **Become a volunteer!**

Would make a difference to older people’s lives?

Our wonderful volunteers lead sociable and fun chair-based activity sessions which usually take place in residential accommodation.

No experience is necessary as full training is provided.

If you enjoy meeting other people and having a laugh please get in touch for further information.

## **Nikki Smith**

**North Somerset Ageing Well Co-ordinator**

email:

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

Or call: **07530 777895**




## Staying Steady in North Somerset Health & Well-being sessions for older adults

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



Before attending for the first time, please contact the instructor to make sure the group is meeting on that day.

If you see  to the right of the class info, it is run by us so please call:

**Nikki Smith at Age UK Somerset on 07530 777895**

If our logo isn't there, the session is run by an independent instructor, please call them on the number provided in the listing.

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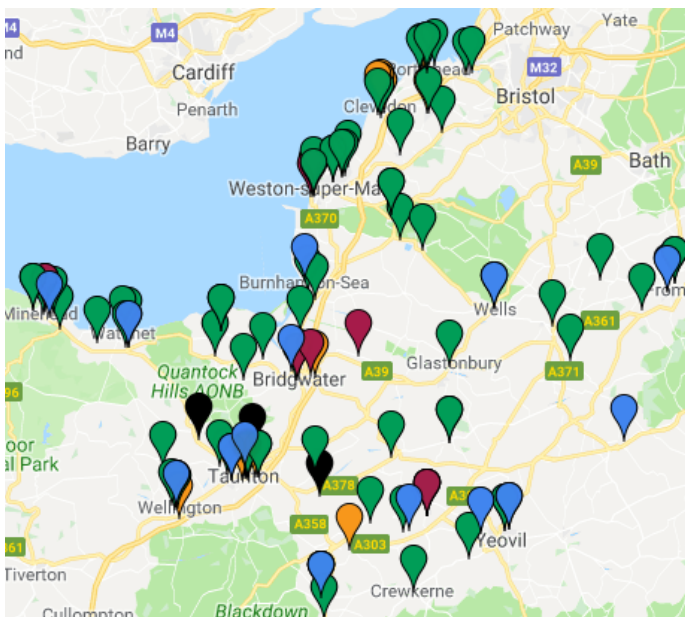
**Find a session near you!**

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*Please note - any images used in this booklet are for illustration only and do not feature our actual class attendees or venues.*

In addition to the sessions listed in this booklet we also organise Chair-based Flexercise sessions, and sessions across Somerset.

**Please let us know if you would like information about these.**



## Health Walks in North Somerset (continued)

## Portishead

Where?	Various locations
When?	Every other Monday 11am
Contact	Anne Brain: 01275 374867

## Weston super Mare

Where?	Various locations
When?	Mondays 2pm
Contact	ASport and Active Lifestyles: 01275 882 730

## Winscombe

Where?	Woodborough Inn BS25 1HD
When?	2nd and 4th Tuesday of month
Contact	Tim Burrows: 01934 842554

## Worle

Where?	Worle Big Hub BS22 6LN
When?	Every Thursday 2pm
Contact	Tony Dolling: 07976 737112

## Yatton

Where?	Various locations
When?	1st and 3rd Thursday of month
Contact	Marion Davies: 01934 833605



**These sessions are not organised by Age UK Somerset.  
Please use the contact details provided to contact the relevant walk leader**

### Clevedon

Where? Bandstand on the seafront

When? 1st Tuesday and 3rd Friday of month - 10:30am

Contact Marion Finnie 01275 877927

### Long Ashton

Where? Community Café BS41 9DP

When? Every Monday 10:30am

Contact Ruth Chapman 07814 671369

### Nailsea

Where? Scotch Horn LC BS48 1BZ and Grove Sports Centre BS48 4NQ

When? Every Monday 11am

Contact Diane Bennett 01275 810067

## Sessions in Backwell

### Flexercise

*Gentle chair-based fun activity. All welcome.*



Where? Lawnside, Church Lane, Backwell BS48 3JP

When? Fridays 10.30am-11.30am

Cost? £2.00

### Tai Chi for Seniors (standing class)

*Gentle exercise focusing on breathing to aid relaxation.*

Call Tony Dove 07886630436 for details

Where? Women's Institute Hall, Station Road, BS48 3NW

When? Mondays 12.30pm-1.30pm

Cost? £6.00

## Sessions in Clevedon

### Flexercise

*Gentle chair-based fun activity. All welcome.*



Where? Clifton Court, Churchill Avenue, Clevedon BS21 6QS

When? Mondays 11.30am-12.30pm

Cost? £2.00

### Extend Movement to Music

*Suitable for over 60's and those less able. Fun exercise to music, helping balance, coordination and circulation. Seated and standing.*



Where? Kenn Road Methodist Church Clevedon BS21 6LH

When? Wednesdays 1:30pm—2:30pm

Cost? £4.50

Unless another telephone number is given, for more information on these classes call 07530 777895 or email [nikki.smith@ageuksomerset.org.uk](mailto:nikki.smith@ageuksomerset.org.uk)

**Dance Fitness - Exercise to Music**

*Fun choreographed exercise to music sessions.*

Call Jo Knowles 01275 544472 for details

Where? St John's Hall, Hillside Road, Clevedon BS21 7XJ

When? Mondays 10am-11am

Cost? £4.00

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**Gentle Exercise**

*Call Jo Knowles 01275 544472 for full details*

Where? St John's Hall, Hillside Road, Clevedon BS21 7XJ

When? Mondays 11.15am-12.15pm

Cost? £4.00

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**Dance Fitness**

*Call Jo Knowles 01275 544472 for full details*

Where? St John's Hall, Hillside Road, Clevedon BS21 7XJ

When? Wednesdays 10am-11am

Cost? £4.00

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**Walking Netball**

*Netball at a relaxed pace*

Where? Strode Leisure Centre, Clevedon BS21 6QG

When? Thursdays 1pm-2pm

Cost? £3.50

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Unless another telephone number is given, for more information on these classes call 07530 777895 or email [nikki.smith@ageuksomerset.org.uk](mailto:nikki.smith@ageuksomerset.org.uk)

**Extend - Movement to Music**

*Suitable for over 60s and those less able, much fun to music and helps balance, co-ordination and circulation. Both seated and standing elements (inclusive). All welcome.*

Where? Winscombe Community Centre, Sandford Road, BS25 1JA

When? Tuesdays 2.30-3.30pm

Cost? £4.50

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**Tai Chi for all abilities**

*Slow movements and breathing and the mental component of training as opposed to vigorous bodily movements. Good for balance, co-ordination and leg strength. All welcome.*

Where? Winscombe Community Centre, Sandford Road, Win-

When? Fridays 2pm-3.30pm

Cost? £5.00

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**Sessions in Yatton****Tai Chi - Seated and Standing**

*Suitable for all. This is good for balance, co-ordination and improving strength.*

Where? Yatton Village Hall, The Causeway, Yatton, BS49 4HL

When? Mondays. There are two sessions. Please contact us for times and to see which one is most suitable.

Cost? £3.00

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Unless another telephone number is given, for more information on these classes call 07530 777895 or email [nikki.smith@ageuksomerset.org.uk](mailto:nikki.smith@ageuksomerset.org.uk)



**Over 50's Dance Fitness**

*Call Emily Gazey 07892 825617 for full details*

Where? Sandringham Court, Lonsdale Avenue, WSM BS23 3QW

When? Thursdays 11am-12pm

Cost? £3.00

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**Cancer Rehabilitation Class - Gym Session**

*Call Jo Rickwood 07899 754937 for full details*

Where? Hutton Moor Leisure Centre, BS22 8LY

When? Mondays 1pm-2pm

Cost? £4.20

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**Cancer Rehabilitation Class - Studio Session**

*Call Jo Rickwood 07899 754937 for full details*

Where? Hutton Moor Leisure Centre, Hutton Moor Road, Weston

When? Tuesdays 2pm-3pm

Cost? £4.20

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**Exercise to Music**

*Call Corinne Mutlow 07919 532960 for full details*

Where? Hutton Moor Leisure Centre, Hutton Moor Road, Weston super Mare, BS22 8LY

When? Tuesdays 10.30am-11.30am & Thurs 10.45am-11.45am

Cost? £3.50

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**Walking Football**

*Call Arie Van Vliet on 01278 751029 for full details.*

Where? Weston super Mare Football Club, Winterstoke Road, BS24 9AA

When? Monday 7.30- 8.30 pm, Tuesday 10 - 11am, and 11am - 12 (over 70s Fun Session), Friday 10am - 11 am

Cost? £3, first session free!

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Unless another telephone number is given, for more information on these classes call 07530 777895 or email [nikki.smith@ageuksomerset.org.uk](mailto:nikki.smith@ageuksomerset.org.uk)

**Tai Chi for Seniors - mixed ability (standing class)**

*Call Tony Dove 07886 630436 for full details*

Where? Scout Hut, Great Western Road

When? Mondays 9.30am-10.30am

Cost? £6.00

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**Tai Chi for people with mobility issues (part seated)**

*Call Tony Dove 07886 630436 for full details*

Where? Community Centre, 2 Princes Road, BS21 7SZ

When? Mondays 10.45am-11.45am

Cost? £6.00

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**Tai Chi over 50's with limited mobility (part seated)**

*Call Tony Dove 07886 630436 for full details*

Where? Searle Court, Cherry Avenue, Clevedon, BS21 6HS

When? Wednesdays 2pm-3pm

Cost? £6.00

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**Cancer Rehabilitation Class**

*Call Kate Oldham 07800 743305 for full details*

Where? Hands Stadium, Davis Lane, Clevedon, BS21 6TG

When? Tuesdays 2pm-3pm & 3pm-4pm

Cost? £4.00

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**Walking Football - helping older people stay active**

*Call Samantha Hibbs 01275 878052 for full details*

Where? Hand Stadium, Davis Lane, BS21 6TG,

When? Mondays 10:30am-11:45am, Thursdays 10:30am-11:45am,

Cost? £3.00

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Unless another telephone number is given, for more information on these classes call 07530 777895 or email [nikki.smith@ageuksomerset.org.uk](mailto:nikki.smith@ageuksomerset.org.uk)



**Ti Chi Qi Gong**

Gentle exercise for body and mind

Where? St Peter's Church Hall, Clevedon BS21 7QE

When? Tuesdays 12:45pm-1:45pm

Cost? £3.00

**Dance Fitness for the over 50's**

Latin dance inspired choreography with easy to follow moves

To book, please call Emily on 07892825617

Where? 1st Clevedon Scout Hall, Great Western Road, Clevedon BS21 6HG

When? Fridays 10:15am - 11am

Cost? £5.00

**Sessions in Congresbury**

**Gentle Exercise - seated and standing**

*Call Jo Knowles 01275 544472 for full details*

Where? The Old School Rooms, Station Road, BS49 5DX (A370)

When? Thursdays 9.30am-10.30am

Cost? £4.00

**Sessions in Easton-in-Gordano**

**Seated Yoga, Breathe Stretch & Flex**

*Combines breathing & relaxation movements to balance the mind and improve flexibility, aid posture and help lower blood pressure.*

Where? St George's Church Hall, Priory Road, BS20 0PA

When? Mondays 9.45am-10.45am.

Cost? £4.50



Unless another telephone number is given, for more information on these classes call 07530 777895 or email [nikki.smith@ageuksomerset.org.uk](mailto:nikki.smith@ageuksomerset.org.uk)

**Tai Chi for Over 50s**

*Call Malcolm Droy 07817 395510 for full details*

Where? United Reform Church, The Boulevard, BS23 1LF

When? Thursdays 12.45pm-2pm

Cost? £4.00

**Tai Chi over 50's with limited mobility (part seated)**

*Call Tony Dove 07886 630436 for full details*

Where? Our Lady of Lourdes, 28 Baytree Road, BS22 8HQ

When? Wednesdays 9.30am-10.30am

Cost? £6.00

**Tai Chi over 50's with limited mobility (part seated)**

*Call Tony Dove 07886 630436 for full details*

Where? The Campus, Highlands Lane, Locking Castle, BS34 7DX

When? Thursdays 9.30am-10.30am

Cost? £6.00

**Over 50's Dance Fitness**

*Call Emily Gazey 07892 825617 for full details*

Where? Martindale Court, Martindale Road, WSM BS22 8QQ

When? Thursdays 2pm-3pm

Cost? £3.00

**Do Yoga**

*Call Emma Gliddon 07884 434710 for full details*

Where? Our Lady of Lourdes, 28 Baytree Road, BS44 8HQ

When? Fridays 10am-11am

Cost? £5.00

Unless another telephone number is given, for more information on these classes call 07530 777895 or email [nikki.smith@ageuksomerset.org.uk](mailto:nikki.smith@ageuksomerset.org.uk)

## Sessions in Weston super Mare & Worle (continued)

### General Sports for the Over 50s

Call 01934 425900 for details. Badminton, short tennis, aerobics, swimming, indoor cricket & others.

Where? Hutton Moor Leisure Centre, BS22 8LY

When? Tuesdays & Thursdays 9am-1pm (Indoor cricket is on third Tuesday - £1 surcharge applies)

Cost? £5 yearly membership to the 50+ Club plus £4 per session

### Walking Netball

Call 01934 425900 for full details

Where? Hutton Moor Leisure Centre, Hutton Moor Road, BS22 8LY

When? Thursdays 1pm-2pm

Cost? £3.00

### Stroke Rehabilitation Class - very gentle exercise

Call Corinne Mutlow 07919 532960 for full details

Where? Hutton Moor Leisure Centre, BS22 8LY

When? Tuesdays 12.30pm-1.30pm

Cost? £3.80

### Dance Fitness for over 60s

Call Sue Barton 01934 843719 for full details

Where? Our Lady of Lourdes, 28 Baytree Road, BS22 8HQ

When? Thursdays 10.30am-11.30am

Cost? £4.00

Unless another telephone number is given, for more information on these classes call 07530 777895 or email [nikki.smith@ageuksomerset.org.uk](mailto:nikki.smith@ageuksomerset.org.uk)

## Sessions in Long Ashton

### Tai Chi over 50's with limited mobility (part seated)

Call Tony Dove 07886 630436 for full details

Where? Keedwell Hall, Keedwell Hill, Long Ashton BS41 9DP

When? Fridays 11.30am-12.30pm

Cost? £6.00

## Sessions in Nailsea

### Dance Fitness - low impact, suitable for over 50s

Call Jo Knowles 01275 544472 for full details

Where? Wesley Methodist Church Centre, 74-76 Silver Street BS48 2DS

When? Fridays 10am-11am

Cost? £4.00

### Gentle Exercise to Music - seated and standing

Call Jo Knowles 01275 544472 for full details

Where? Wesley Methodist Church Centre, 74-76 Silver Street, Nailsea, BS48 2DS

When? Fridays 11.15am-12.15pm

Cost? £4.00

### Shibashi Tai Chi

Gentle exercise to balance body and mind

Where? Scotch Horn Leisure Centre, Brockway, Nailsea, BS48 1BZ

When? Fridays 2pm-2:45pm & -3pm-3:45pm

Cost? £3.00

Unless another telephone number is given, for more information on these classes call 07530 777895 or email [nikki.smith@ageuksomerset.org.uk](mailto:nikki.smith@ageuksomerset.org.uk)



### Extend - Movement to Music

*Extend Movement to Music session. Suitable for over 60s and those less able, much fun to music and helps balance, co-ordination and circulation. Both seated and standing elements (inclusive). All welcome.*

Where? Pill Community Centre, Church Place, Pill BS20 OAE  
 When? Wednesdays 10:30am-11:30am  
 Cost? £4.50

### Sessions in Portishead



### Breathe, Stretch and Flex

*Gently combines breathing & relaxation movements to balance the mind and improve flexibility. Can aid posture and is said to help lower blood pressure. All welcome.*

Where? Methodist Church Wesley Centre, High Street, BS20 6EN  
 When? Tuesdays 11:15am-12:15pm  
 Cost? £4.50

### Flexercise



*Gentle chair-based fun activity. Open to all.*

Where? St Peter's Lodge, High Street, Portishead, BS20 6PJ  
 When? Fridays 11am-12pm  
 Cost? Donations

### Flexercise



*Gentle chair-based fun activity. Open to all.*

Where? Hanover House, Friary Road, Portishead BS20 6LP  
 When? Fortnightly - Wednesdays 11am-12noon  
 Contact us for dates.  
 Cost? Donations

Unless another telephone number is given, for more information on these classes call 07530 777895 or email [nikki.smith@ageuksomerset.org.uk](mailto:nikki.smith@ageuksomerset.org.uk)



### Flexercise

*Gentle chair-based fun activity.*

Where? Knightstone Place, 215 High St, Worle, BS22 6JT  
 When? Mondays 11am-12noon  
 Cost? £2.00

### Chair- Based Movement to Music



*Gentle chair-based fun activity.*

Where? Tamar Court, Tamar Road, Worle, WSM BS22 6LF  
 When? Tuesdays 2.30pm - 3.30pm  
 Cost? Donations

### Extend - Movement to Music



*Suitable for over 60s and those less able, much fun to music and helps balance, co-ordination and circulation. Both seated and standing elements (inclusive). All welcome.*

Where? Worle Baptist Church, Rawlins Avenue, Worle, BS22 7FN  
 When? Fridays 11.45am-12.45pm  
 Cost? £4.50

### Keep Fit, Stay Well

*Call Amanda Ball 07814 392217 for full details*

Where? St Augustine's Church Centre, The Green, Locking BS24 8DA  
 When? Tuesdays 10am-11am  
 Cost? £5.00

Unless another telephone number is given, for more information on these classes call 07530 777895 or email [nikki.smith@ageuksomerset.org.uk](mailto:nikki.smith@ageuksomerset.org.uk)



## Flexercise



*Gentle chair-based fun activity.*

Where? Clarence House, 17 Clarence Road North, WSM BS23 4AS  
 When? Wednesdays 10.30am-11.30am  
 (Class is currently full - contact us to go on the waiting list. )

Cost? £2.00

## Tai Chi - Seated and standing



*Easy to follow, gentle movements, great for mind and body.*

Where? Vintage Hall, Hughenden Road, Weston Super Mare BS23 2UR

When? Class currently full—please contact us to join waiting list

Cost? £3.00

## Chair-based Movement to Music



*Gentle & fun chair-based Movement to Music .*

Where? Milton Baptist Church Hall, Baytree Road, BS22 8HJ

When? Wednesdays, 2pm-3pm

Cost? Donations.

## Staying Steady for Seniors



*Slow movements and breathing rather than vigorous bodily movements. Good for balance, co-ordination and leg strength.*

Where? Clarence Park Baptist Church, Walliscote Road, BS23 1ED

When? Fridays 10am - 12noon

Cost? £4.50

Unless another telephone number is given, for more information on these classes call 07530 777895 or email [nikki.smith@ageuksomerset.org.uk](mailto:nikki.smith@ageuksomerset.org.uk)

## Extend - Movement to Music



*Extend Movement to Music session. Suitable for over 60s & those less able, much fun to music & helps balance, co-ordination and circulation. Both seated & standing elements (inclusive). All welcome.*

Where? Methodist Church Wesley Centre, High Street, BS20 6EN

When? Tuesdays 10am-11am & Thursdays 11am-noon.

Cost? £4.50

## Extend - Movement to Music



*Extend Movement to Music session. Fun & friendly exercise to music. All welcome.*

Where? Avonway Hall, Avon Way, Portishead, BS20 6LT

When? Mondays 11:45am-12:45pm

Cost? £4.50

## Yoga for the Over 50s

*Call Suzi Griffin 07776 321989 for full details*

Where? Jubilee Hall, 49 Slade Road, BS20 6BE

When? Tuesdays 9.40am-11am, and Thursdays 10am-11.45am

Cost? £6.00 in advance, £8.00 on the day

## Over 50's Dance Fitness

*Call Emily Gazey 07892 825617 for full details*

Where? Jubilee Hall, Jubilee Hall, 49 Slade Road, BS20 6BE

When? Mondays 2pm-3pm

Cost? £3.00

Unless another telephone number is given, for more information on these classes call 07530 777895 or email [nikki.smith@ageuksomerset.org.uk](mailto:nikki.smith@ageuksomerset.org.uk)

**Yoga for the Over 50s**

*Call Suzi Griffin 07776 321989 for full details*

Where? North Weston Village Hall, 26 Clevedon Road, BS20 6TB

When? Tuesdays 1.45pm-3pm

Cost? £6.00 in advance, £8.00 on the day

**Cancer Rehabilitation Class**

*Call Kate Oldham 07800 743305 for full details*

Where? Jubilee Hall, 49 Slade Road, Portishead BS20 6BE

When? Thursdays 11.15am-12pm and 12.15pm-1pm

Cost? £4.00

**Tai Chi Qi Gong**

*Gentle exercise which improves balance and coordination.*

Where? Methodist Church Wesley Centre, High Street, Portishead BS20 6EN

When? Thursdays 12:15pm—1:15pm (starts 5th March)

Cost? £3.00



We run physical activity sessions all across North Somerset. We hope you find something to suit you!

Unless another telephone number is given, for more information on these classes call 07530 777895 or email [nikki.smith@ageuksomerset.org.uk](mailto:nikki.smith@ageuksomerset.org.uk)

**Extend - Movement to Music**

*Suitable for over 60s and those less able, much fun to music and helps balance, co-ordination and circulation. Both seated and standing elements (inclusive). All welcome.*



Where? United Reform Church, The Boulevard, WSM, BS23 1LF

When? Fridays 10am-11am

Cost? £4.50

**Extend - Movement to Music**

*Fun & friendly weekly exercise to music sessions. All welcome.*



Where? Milton Baptist Church, Baytree Road, WSM, BS22 8HJ

When? Mondays 12.15pm-1.15pm.

Cost? £3.00

**Extend - Movement to Music**

*Suitable for over 60s and those less able, much fun to music and helps balance, co-ordination and circulation. Both seated and standing elements (inclusive). All welcome.*



Where? Victoria Methodist Church, Station Road, BS23 1XY

When? Tuesdays 12.30pm-1.30pm

Cost? £4.50

**Flexercise**

*Gentle chair-based fun activity.*



Where? Pegasus Court, 58 Beach Road, BS23 4AL

When? Mondays 10.30am-11.30am (Class is currently full -

Cost? £2.00

Unless another telephone number is given, for more information on these classes call 07530 777895 or email [nikki.smith@ageuksomerset.org.uk](mailto:nikki.smith@ageuksomerset.org.uk)