

Charges/donations for Seniors activities:

Our aim is to keep activities as affordable as possible.

- Coffee Mornings - £3 per session (cash or card payment)
- Tai Chi - £1 starter session and £2 main session (payable in 10-week block) – attend a session for free to see if you like the class. Contact office to book on for a taster session. Tel: 01604 708429 or email community@easthunsburyparishcouncil.gov.uk
- Strictly Dance £2 per session (cash pay at session)
- Pétanque and Strollers (walking group) no fee – but pay own parking if required
- Big Sing suggested donation £1 (cash – donate at session)
- Yoga - £3 per session (payable in 6-week block)
- Crafting sessions – donations for materials (advised prior to session)
- Art Group/Star Gazing FOC
- History Group FOC (unless an organised trip or guest speaker – costs advised prior to session)

How often do activities take place:

Coffee mornings for Seniors are twice a month (except August – no meeting)

Tai Chi is weekly (holidays Summer and Christmas)

Yoga – 6-week terms (holidays Summer and Christmas)

Strollers – once a month

Big Sing – once a month

All other groups are organised on an ad-hoc basis when volunteers are available to lead. If you join, you are advised of dates by the lead volunteer – therefore you need to share your contact details (which will be shared with the lead volunteer organisers).

Get Active Seniors – How to join in:

Our Get Active project has been designed to give seniors the opportunity to join in, get more active, whether that be with exercise, walking, talking, interest groups – from singing to art to history.

If you live in East Hunsbury, and are age 65 or over, please contact the office for more details:

Tel: 01604 708429 or email community@easthunsburyparishcouncil.gov.uk

If you want to start a new group, please also get in touch. So far, we have helped people to start stargazing, gardening, walking, crafting. Depending on the time of your meetings, we have an activity room for use for local groups, and can potentially help with promotion, via our parish magazine, for non-profit groups.

COSTS CORRECT AT 20/08/24 (may be subject to change)