



What's On in Hangleton & Knoll for 50+

Nov 20-Jan 21

www.hk50plus.co.uk

The Hangleton and Knoll 50+ Steering Group is here to meet your needs. We have been in touch with all the 50+ groups and activities that were in our leaflet prior to the pandemic. Please find listed below all the activities open to new members that are going on right now on-line.

Clare Hopkins is your H&K Community Development Worker for Older People. Please get in touch with any queries or concerns or if you have any ideas for new 50+ activities. Contact on: 07422692845 or clare.hopkins@hkproject.org.uk

For information about H&K 50+ BAME groups and activities, contact Katie Merrien on 07422693478 or katie.merrien@hkproject.org.uk

If you need help with your IT (including being able to Zoom!), contact David Purkiss on 07422 665761 or hakit@hkproject.co.uk



For more information about the Hangleton & Knoll Project visit <https://www.hkproject.org.uk/>.

New HKP Community Learning Service and Annual membership offer- for more info on Free IT support and online courses please contact 01273 881446 or claire.johnson@hkproject.org.uk



The Ageing Well web site www.ageingwellbh.org provides a wealth of information on city-wide services, transport and events.



The Alheimers Society provides a link to support those living with dementia and their carers: www.alheimers.org.uk or 01273 726266.

Contact the Carers' Hub for support and advice on the same number.

Monday

Women's Yoga Classes

Zoom: 9.30 to 10.30am All ages 18+
Free Contact Laura on 07740 930010 or
laura.topping@icloud.com

Dancing for Health

Zoom: Monthly 10am – 11 am Free
Contact: 01273 294589 or
healthylifestyles@brighton-hove.gov.uk

Tuesday

Dancing for Health

Zoom: 10am – 11 am Free
Contact: 01273 294589 or
healthylifestyles@brighton-hove.gov.uk

Standing Tall

Zoom: 10 am – 11 am
Zoom: 11.15 am - 12.15 pm
Cost £4 Contact: Ruth 07399 993426 or
rmcenerycarter@gmail.com

Young at Heart Keep Fit

Zoom: 10.45 am – 11.30 am £5
Contact: Ty 07876 655868 or
ty@typaul.co.uk

DiVIBE Seated Dance

Zoom: 11 am £5
Contact: Diane 07795 956793
<https://www.divibe.co.uk/>

Sing for Better Health

Zoom: 1pm – 2pm Donation
Contact: udita@singforbetterhealth.co.uk

Shape Up and Feel Better Exercises

Zoom: 6pm – 6.45pm 18+
£3 Tailored to all abilities
Contact: Claire: 01273 410858 or
claire.johnson@hkproject.org.uk

Wednesday

Sporting Memories

Zoom: 10 am – 11 am Free
Contact: Lizzie 07826 256652

50+ Quiz

Zoom: 10.45 am – 12 noon Free
1st Wednesdays of the month
Contact Clare: 07422692845 or
clare.hopkins@hkproject.org.uk

Older LGBTQ with Switchboard

Zoom: Coffee Morning
1st and 3rd Wednesdays of the month 11-12.30 Free Contact Clare: 07422692845 or
clare.hopkins@hkproject.org.uk

Thursday

Young at Heart Keep Fit

Zoom: 10.30 am – 11.15 am £5
Contact: Ty 07876 655868 or
ty@typaul.co.uk

Sporting Memories

Zoom: 11 am – 12 noon Free
Contact: Lizzie 07826 256652

Women's Bollywood Dance Classes

Zoom: 6 to 7pm All ages 18+
Free Contact Aleya on 07825 447108 or
aleya.s.khatun@live.co.uk

Friday

Shape Up and Feel Better Exercises

Zoom: 10.30 am – 11.15 am 18+
£3 Tailored to all abilities
Contact: Claire: 01273 410858 or
claire.johnson@hkproject.org.uk

DiVIBE Seated dance

Zoom: 11 am £5
Contact: Diane 07795 956793
<https://www.divibe.co.uk/>

Sunday

Shape Up and Feel Better Exercises

Zoom: 10.30 am – 11.15 am 18+
£3 Relaxing Yoga
Contact: Claire: 01273 410858 or
claire.johnson@hkproject.org.uk

DiVIBE Seated dance

Zoom: 11 am £5
Contact: Diane 07795 956793
<https://www.divibe.co.uk/>