



# What's On in Hangleton & Knoll for 50+

May 21 - July 21

[www.hk50plus.co.uk](http://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 Clare on 07422692845 or [clare.hopkins@hkproject.org.uk](mailto: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](mailto: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](mailto: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 [clare.johnson@hkproject.org.uk](mailto:clare.johnson@hkproject.org.uk)



The Ageing Well web site [www.ageingwellbh.org](http://www.ageingwellbh.org) provides a wealth of information on city-wide services, transport and events.



The Alzheimer's Society provides a link to support those living with dementia and their carers: [www.alzheimers.org.uk](http://www.alzheimers.org.uk) or 01273 726266.

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

### *Shape Up*

Low Cost Exercise Classes and Courses are available. For more information please contact Claire Johnson on 01273 410858 or email [claire.johnson@hkproject.org.uk](mailto:claire.johnson@hkproject.org.uk)

### *Scouting and Walking*

If you are interested in Wellbeing Walks or Mobility Scooter excursions in the future, contact Clare on 07422692845 or [clare.hopkins@hkproject.org.uk](mailto:clare.hopkins@hkproject.org.uk)

### Monday

#### *Women's Yoga Classes*

Zoom: 9.30 to 10.30am All ages 18+  
Free Contact: Laura 07740 930010 or [laura.topping@icloud.com](mailto:laura.topping@icloud.com)

#### *Dancing for Health*

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

### Tuesday

#### *Dancing for Health*

Zoom: 10 am – 11 am Free  
Contact: 01273 294589 or [healthylifestyles@brighton-hove.gov.uk](mailto:healthylifestyles@brighton-hove.gov.uk)

#### *Standing Tall*

Physio-led strength & balance class for all  
Zoom: 10 am – 11 am  
Zoom: 11.15 am - 12.15 pm  
Cost £4 Contact: Ruth 07399 993426 or [rmcenerycarter@gmail.com](mailto: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](mailto: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  
Everybody welcome!  
Contact: [udita@singforbetterhealth.co.uk](mailto:udita@singforbetterhealth.co.uk)

### Wednesday

#### *Sporting Memories*

Zoom: 10 am – 11 am Free  
Contact: Emma 07718 492529 or [emma.brooke@sussexcricket.co.uk](mailto:emma.brooke@sussexcricket.co.uk)

### Wednesday

#### *50+ Quiz*

Zoom: 10.45 am – 12 noon Free  
1<sup>st</sup> Wednesday of each month  
Contact: Clare 07422 692845 or [clare.hopkins@hkproject.org.uk](mailto:clare.hopkins@hkproject.org.uk)

#### *Older LGBTQ with Switchboard*

Zoom: Coffee Morning 11 am - 12.30 pm  
1<sup>st</sup> & 3<sup>rd</sup> Wednesdays of the month  
Free Contact: Clare 07422 692845 or [clare.hopkins@hkproject.org.uk](mailto: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](mailto:ty@typaul.co.uk)

#### *Sporting Memories*

Zoom: 11 am – 12 noon Free  
Contact: Emma 07718 492529 or [emma.brooke@sussexcricket.co.uk](mailto:emma.brooke@sussexcricket.co.uk)

#### *Women's Bollywood Dance Classes*

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

### Friday

#### *DiVIBE Seated dance*

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

### Sunday

#### *DiVIBE Seated dance*

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