

Movies & Movements

18, 25 and 26 April, Kempdown, Coldean and Whitehawk (check events schedule for times and locations)

Do you enjoy watching films? View a series of short films by local creatives Kabecca Films celebrating older people's experience of dancing. You can then take part in a short movement session inspired by the films.

No dance experience is required, just enthusiasm. The activity can be done seated or standing.



Active Forever 2023

Wednesday 19 April, 10am–1pm, King Alfred Leisure Centre

Brighton & Hove City Council's popular free activity morning is a chance for anyone over 50 to try a range of activities from indoor cricket to boccia, from strength and balance exercises to Zumba. You can also meet local exercise and service providers to help find an activity you may enjoy.

Suitable for all levels and free refreshments will be available. Delivered in partnership with Freedom Leisure.



Brighter Outlook

Tuesday 18 April 2023 10–11am, Macmillan Horizon Centre

Join Albion in the Community's Brighter Outlook gentle activity taster session. The programme offers free physical activity support from Level 4 Cancer Rehab Specialists to help patients to prepare for cancer treatments, help manage the side effects of treatment and support recovery. You will be able to chat to a physical activity coaches at the session to find out more about what the programme could offer you. Suitable for all levels and abilities.



Standing Tall

Various times and locations. A fun, friendly, physio-led exercise class for people aged 50 and over in Brighton & Hove.

All classes are led by qualified, experienced physiotherapists, occupational therapists or physiotherapy assistants who are trained postural stability instructors.

This means that you can improve your balance and strength in a safe and supportive environment.

Standing Tall classes last an hour and cost just £2.



Daybreak

Friday 21 and 28, Possibility Place

Age UK West Sussex and Brighton & Hove runs a carer-focused respite service, providing the opportunity for carers of people with dementia and carers of frail older people to take some time for themselves, knowing the people they care for are in a safe, stimulating environment.



In shape for life

Various times and locations

This circuit-based class will work all your muscle groups, helping with strength and balance and build your stamina too.

This fun fitness session is suitable for adults of all ages and abilities and welcomes those who are new or returning to exercise. This is an activity where people can work at their own pace, whatever that might be!



Monday 17th	Venue & Details	Cost & How to book	Buses	Access
HK50+ In Shape for Life 09:15 - 10:15	Hangleton Community Centre, 14 Harmsworth Crescent, Hove BN3 8BW	FREE Drop in or call: 01273 294 589 or email healthylifestyles@brighton-hove.gov.uk	47, 5, 5A, 5B	
Strength and Balance 10:30 - 11:30	The Hop 50+ Palmeira Square, Hove BN3 2FL	FREE TASTER then £5 per class Drop in or call: 01273 729 603	2, 1, 1A 46, 49, 5, 5A, 5B, 21, 25, 25X, 60, 71, 700	Wheelchair access with accessible WC
Zumba Gold 11:15 - 12:00	Vida Active Club 74 Blatchington Rd, Hove BN3 3YH	£4 To book, call: 07766 744 871 or email admin@vidaactive.club	5, 5a, 5b, 2, 49, 46	
Table Tennis 50+ 12:30 - 14:00	The Fitzherbert's Centre, 36 Upper Bedford St., Brighton, BN2 1JP	£2 First session then £5 per player, £2 consession To book, call: 01273 670 145 or email info@brightontabletennisclub.com	1, 1A, 2	Wheelchair access with accessible WC
Seated Swoove Dance 13:00 - 14:30	St Richards Community Centre, Egmont Rd. , Hove, BN3 7FP	FREE To book, call: 01273 775 888 or email befriending@togetherco.org.uk Some transport is available for Hangleton and Knoll residents only	47, 5, 2	Wheelchair access with accessible WC
Get Moving 15:30 - 16:00	The Hop50+ Palmeira Square, Hove BN3 2FL HIT session	FREE TASTER Drop in or call: 01273 729 603	2, 1, 1A 46, 49, 5, 5A, 5B, 21, 25, 25X, 60, 71, 700.	Wheelchair access with accessible WC
Fitness for women 50+ 18:30 - 19:30	Vida Active Club 74 Blatchington Rd, Hove BN3 3YH	£5 or part of Vida Active monthly membership To book, call: 07766 744 871 or email admin@vidaactive.club	5, 5a, 5b, 2, 49, 46	

Tuesday 18th	Venue & Details	Cost & How to book	Buses	Access
Brighter Outlook 10:00 – 11:00	Macmillan Horizon Centre Bristol Gate, Brighton, BN2 5BD Seated exercise class and all ability circuits	FREE TASTER To book, call: 01273 668591 or email brighteroutlook@albioninthecommunity.org.uk	1, 7	Wheelchair access with accessible WC
EXTEND Exercise 10:30 – 11:30am	Evelyn Court 121 Windlesham Close Portslade, BN41 2AA	FREE To book, call: 01273 688 117 or email lifelines@volunteeringmatters.org.uk	1, 1a, 2, 46	Wheelchair access with accessible WC
Standing Tall 10:00 – 11:00 11:30 – 12:30	Hangleton Community Centre, Harmsworth Crescent, BN3 8BW Physio-led strength & balance	£2 To book, call Ruth: 07399 993 426	47, 5, 5A, 5B	Wheelchair access with accessible WC
Coffee, chat and board games 10:30am – 12:30pm	The Conservatory, Grenadier Pub, 200 Hangleton Rd, Hove, BN3 7LT	FREE Drop in, or call Hannah on: 0800 0191310 or email Brighton.Info@ageukwsbh.org.uk	5, 5a, 5b, 47	Wheelchair access with accessible WC
Tai Chi – Gentle health exercise 10:45 – 11:45am	The Methodist Church Hall, The Ridgeway, Woodingdean BN2 6PA	FREE TASTER Then £6 per class, paid by half term To book, call Hilary Thompson on: 07980 869 579 or email buqibrighon@buqi.net	22, 2	Wheelchair accessible
Macmillan Yoga Session 11:00 – 12:00	Macmillan Horizon Centre Bristol Gate, Brighton, BN2 5BD	FREE To book, call: 01273 668591 or email brighteroutlook@albioninthecommunity.org.uk	1, 1a, 7, 47	Wheelchair accessible
Silent Disco 14:00 – 15:00	The Hop 50+ Palmeira Square, Hove BN3 2FL	FREE Drop in, or call: 01273 729 603	2, 1, 1A 46, 49, 5, 5A, 5B, 21, 25, 25X, 60, 71, 700	Wheelchair accessible
Steady & Strong 14:30 – 15:30	Online	FREE Donations Welcome Book through Eventbrite: www.eventbrite.co.uk/e/steady-strong-gentle-exercise-class-tickets-162794254999		
Movies & Movements 14:30 – 15:30	Essex Place, Montague St. BN2 1 LB	FREE To book, call: 01273 294 589 or email healthylifestyles@brighton-hove.gov.uk	1, 2, 7, 47	

Wednesday 19th	Venue & Details	Cost & How to book	Buses	Access
Chi gong & Tai Chi 09:30 - 10:30	Online.	FREE TASTER Then £5 per class, paid by half term To book, call Hilary Thompson on: 07980 869 579 or email buqibrighton@buqi.net		
Standing Tall 09:45 - 10:45	Online	£2 To book, call Ruth: 07399 993 426	47, 5, 5A, 5B	Wheelchair access with accessible WC
Active Forever 10:00 - 13:00	King Alfred Leisure Centre, Kingsway, Hove BN3 2WW Taster sessions of walking football, cricket, seated strength & balance, zumba etc.	FREE Drop in, or call: 01273 294 589 or email healthylifestyles@brighton-hove.gov.uk	700	Wheelchair accessible
Tai Chi in the park 11:00 - 12:00	Preston Park. Online if weather is bad.	FREE TASTER Then £6 per class, paid by half term To book, call Hilary Thompson on: 07980 869 579 or email buqibrighton@buqi.net	5, 5a, 17, 270, 272, 273	
Standing Tall 11:45 - 12:45	Cornerstone Community Centre Palmeira Square, Hove, BN2 3FL. Physio-led strength & balance	£2 To book, call Ruth: 07399 993 426	2, 1, 1A 46, 49, 5, 5A, 5B, 21, 25, 25X, 60, 71, 700	Wheelchair accessible
Coffee Morning 13:45 - 15:15	The Old Boat Community Centre, BN1 8GN	FREE To book, or for more information, call: 0800 019 1310 or email Brighton.Info@ageukwsbh.org.uk	5, 5b, 17, 270, 272, 273	Wheelchair access with accessible WC
Standing Tall 13:45 - 14:45	Portslade Community Centre, Church Rd, Portslade, BN41 1LB Physio-led strength & balance	£2 To book, call Ruth: 07399 993 426	1, 1a	Wheelchair accessible
Chi gong & Tai Chi 19:00 - 20:00	Online	FREE TASTER To book, call Hilary Thompson on: 07980 869 579 or email buqibrighton@buqi.net		

Thursday 20th	Venue & Details	Cost & How to book	Buses	Access
Strength and Balance 10:30 – 11:30	The Hop 50+ Palmeira Sq., Hove BN3 2FL	FREE TASTER Then £5 per class To book, drop in or call: 01273 729 603	2, 1, 1A 46, 49, 5, 5A, 5B, 21, 25, 25X, 60, 71, 700	Wheelchair access with accessible WC
60+ Dance 10:30 – 12:00	Vida Active Club 74 Blatchington Rd, Hove BN3 3YH	£4 To book, call: 07766 744 871 or email admin@vidaactive.club	5, 5a, 5b, 2, 49, 46	Wheelchair accessible
Tai Chi 11:15 – 12:00	Vida Active Club 74 Blatchington Rd, Hove BN3 3YH	£4 To book, call: 07766 744 871 or email admin@vidaactive.club	5, 5a, 5b, 2, 49, 46	Wheelchair accessible
Bereavement support group 13:30 – 15:30	Age UK , 29 Prestonville Rd. BN1 3TJ	FREE To book, call Hannah: 0800 019 1310 or email brighton.info@ageukwsbh.org.uk	7, 27	Wheelchair access with accessible WC
Standing Tall 13:30 – 14:30	St Richards Community Centre , Egmont Rd. Hove, BN3 7FP Physio-led strength & balance	£2 To book, call Ruth: 07399 993 426	16a, 47	Wheelchair accessible
Standing Tall 14:15 – 15:15	Kemptown Crypt Community Centre St George's Church, St George's Rd, BN2 1ED Physio-led strength & balance	£2 To book, call: 07736 122 941	7, 12A, 17, 27, 37, 37B, 47, 52	Wheelchair accessible
Friday 21st	Venue & Details	Cost & How to book	Buses	Access
In Shape for Life 09:30 – 10:30	Portslade Sports Centre , Chalky Rd, Mile Oak, Portslade, BN41 2WS	FREE Drop in or call: 01273 294 589 or email healthylifestyles@brighton-hove.gov.uk	1, 1A	
Dance of Awareness 10:00 – 11:30	Patching Lodge , Park St, Brighton BN2 0AQ	£2 To book, call: 01273 688 117 or email lifelines@volunteeringmatters.org.uk	1, 1a, 2, 7	Wheelchair access with accessible WC
Dementia Daybreak Extra Care 10:00 – 15:30	Possibility Place , Windlesham Ave. BN1 3AH	£45 To book, call: 0800 019 1310 or email Brighton.Info@ageukwsbh.org.uk	7, 27	Wheelchair access with accessible WC
60+ Fitness 10:30 – 12:00	Vida Active Club 74 Blatchington Rd, Hove BN3 3YH	£4 To book, call: 07766 744 871 or email admin@vidaactive.club	5, 5a, 5b, 2, 49, 46	Wheelchair accessible

Saturday 22nd	Venue & Details	Cost & How to book	Buses	Access
Strength & Flexibility 10:00 – 11:00	The Hop 50+ Palmeira Square, Hove BN3 2FL	FREE TASTER Drop in or call: 01273 729 603	2, 1, 1A 46, 49, 5, 5A, 5B, 21, 25, 25X, 60, 71, 700	Wheelchair access with accessible WC
Seated Shimmy & Shake 11:30 – 12:15	The Hop 50+ Palmeira Square, Hove BN3 2FL	FREE TASTER Drop in or call: 01273 729 603	2, 1, 1A 46, 49, 5, 5A, 5B, 21, 25, 25X, 60, 71, 700	Wheelchair access with accessible WC
Ferrules Fortnight 17th – 30th April	Replacing Ferrules, height check of walkers & walking sticks.	FREE Make an appointment with Anne call: 01273 729 603	2, 1, 1A 46, 49, 5, 5A, 5B, 21, 25, 25X, 60, 71, 700	Wheelchair access with accessible WC
Monday 24th	Venue & Details	Cost & How to book	Buses	Access
HK50+ In Shape for Life 09:15 – 10:15	Hangleton Community Centre, 14 Harmsworth Crescent, Hove BN3 8BW	FREE Drop in or call: 01273 294 589 or email healthylifestyles@brighton-hove.gov.uk	47, 5, 5A, 5B	
Strength and Balance 10:30 – 11:30	The Hop 50+ Palmeira Square, Hove BN3 2FL	FREE TASTER then £5 a class Drop in or call: 01273 729 603	2, 1, 1A 46, 49, 5, 5A, 5B, 21, 25, 25X, 60, 71, 700	Wheelchair access with accessible WC
Zumba Gold 11:15 – 12:00	Vida Active Club 74 Blatchington Rd, BN3 3YH	£4 To book, call: 07766 744 871 or email admin@vidaactive.club	5, 5a, 5b, 2, 49, 46	
Table Tennis 50+ 12:30 – 14:00	The Fitzherbert's Centre, 36 Upper Bedford St, Brighton, BN2 1JP	£2 First session then £5 per player, £2 consession To book, call: 01273 670 145 or email info@brightontabletennisclub.com	1, 1A, 2	Wheelchair access with accessible WC
Get Moving 15:30 – 16:00	The Hop 50+ Palmeira Square, Hove BN3 2FL. HIT session	FREE TASTER Drop in or call: 01273 729 603	2, 1, 1A 46, 49, 5, 5A, 5B, 21, 25, 25X, 60, 71, 700	Wheelchair access with accessible WC
Fitness for women 50+ 18:30 – 19:30	Vida Active Club 74 Blatchington Rd, BN3 3YH	£5 or part of Vida Active monthly membership To book, call: 07766 744 871 or email admin@vidaactive.club	5, 5a, 5b, 2, 49, 46	

Tuesday 25th	Venue/ Details	Cost & How to book	Buses	Access
EXTEND Exercise 10:30 – 11:30am	Evelyn Court 121 Windlesham Close Portslade, BN41 2AA	FREE To book, call: 01273 688 117 or email lifelines@volunteeringmatters.org.uk	1, 1a, 2 ,46	Wheelchair access with accessible WC
Health Walk at Stanmer Park 10:30 – 13:30am	Meeting at The Hop 50+ Palmeira Square, Hove BN3 2FL Walk & light warm up exercises	FREE Drop in or call: 01273 729 603	2, 1, 1A 46, 49, 5, 5A, 5B, 21, 25, 25X, 60, 71, 700	Wheelchair access with accessible WC
Arms Exercise 10:30 – 11:10	The Hop 50+ Palmeira Square, Hove BN3 2FL	FREE TASTER Drop in or call: 01273 729 603	2, 1, 1A 46, 49, 5, 5A, 5B, 21, 25, 25X, 60, 71, 700	Wheelchair access with accessible WC
Tai Chi – Gentle health exercise 10:45 – 11:45am	The Methodist Church Hall, The Ridgeway, Woodingdean BN2 6PA	FREE TASTER Then £6 per class, paid by half term To book, call Hilary Thompson on: 07980 869 579 or email buqibrighton@buqi.net	22, 2	Wheelchair accessible
Step to the Beat 11:15 – 11:45	The Hop 50+ Palmeira Square, Hove BN3 2FL	FREE TASTER Drop in or call: 01273 729 603	2, 1, 1A 46, 49, 5, 5A, 5B, 21, 25, 25X, 60, 71, 700	Wheelchair accessible
Dancing for Health 11:15 – 12:15	Bishop Hannington Youth & Community Centre, Holmes Av. Hove BN3 7LD	FREE Drop in or call: 01273 294 589 or email healthylifestyles@brighton-hove.gov.uk	5, 5A, 47	Wheelchair accessible
In Shape for Life Zumba 11:30 – 12:30	Manor Road Gym, Manor Rd, BN2 5EA	FREE Drop in or call: 01273 294 589 or email healthylifestyles@brighton-hove.gov.uk	1, 1A, 7	Wheelchair accessible
Boccia 12:00 – 13:30	King Alfred Leisure Centre, Kingsway, Hove BN3 2WW	FREE Drop in or call: 01273 294 589 or email healthylifestyles@brighton-hove.gov.uk	700	Wheelchair accessible
Knit & Knatter 14:00 – 16:00	Waitrose, Nevill Rd, BN3 7BZ	FREE To book, call: 0800 019 1310 or email Brighton.Info@ageukwsbh.org.uk	5, 5a, 5b ,47	Wheelchair access with accessible WC
Movies & Movements 15:00 – 16:00	New Larchwood Housing, Waldron Ave, Brighton Coldean BN1 9EZ	FREE Some transport available call for details Drop in or call: 01273 322 947 or email angelika.wydra@brighton-hove.gov.uk	24	Wheelchair access with accessible WC

Wednesday 26th	Venue/ Details	Cost & How to book	Buses	Access
Chi gong & Tai Chi 09:30 - 10:30	Online	FREE TASTER Then £5 per class, paid by half term To book, call Hilary Thompson on: 07980 869 579 or email buqibrighton@buqi.net		
Tai Chi in the park 11:00 - 12:00	Preston Park Online if bad weather.	FREE TASTER Then £6 per class, paid by half term To book, call Hilary Thompson on: 07980 869 579 or email buqibrighton@buqi.net	5, 5a, 17, 270, 272, 273	
Movies & Movements 11:30 - 12:30	Whitehawk Library 179A Whitehawk Rd, BN2 5FL	FREE Drop in or call: 01273 294 589 or email healthylifestyles@brighton-hove.gov.uk	1, 1a, 21, 21a	Wheelchair accessible
Standing Tall 11:45 - 12:45	Cornerstone Community Centre, Church Rd, Hove, BN3 2FL	£2 To book, call Ruth: 07399 993 426	2, 1, 1A 46, 49, 5, 5A, 5B, 21, 25, 25X, 60, 71, 700	Wheelchair accessible
Inshape for Life 12:00 - 13:00	Brighthelm Centre North Rd, Brighton BN1 1YD	FREE Drop in or call: 01273 294 589 or email healthylifestyles@brighton-hove.gov.uk	17, 24, 25X, 272, 273, 37B, 700	Wheelchair accessible
Swoove Fitness 12:30 - 13:30	Woodingdean Community Centre, Warren Rd, Woodingdean, BN2 6BAL	£7 First two classes half price Drop in, or call: 07843 947 383	2,22	Wheelchair accessible
Standing Tall 13:45 - 14:45	Portslade Community Centre, Church Rd, Portslade, BN41 1LB Physio-led strength & balance	£2 To book, call Ruth: 07399 993 426	1, 1a	Wheelchair accessible
Thursday 27th	Venue/ Details	Cost & How to book	Buses	Access
Strength & Balance 10:30 - 11:30	The Hop 50+ Palmeira Square, Hove BN3 2FL.	FREE TASTER Then £5 per class Drop in or call: 01273 729 603	2,1,1A,46,49,5 5A,5B,2125,2 5X,60, 71, 700	Wheelchair access with accessible WC
Tai Chi 11:15 - 12:00	Vida Active Club 74 Blatchington Rd, Hove BN3 3YH	£4 To book, call: 07766 744 871 or email admin@vidaactive.club	5, 5a, 5b, 2, 49, 46	Wheelchair accessible
Standing Tall 11:15 - 12:15	Crowhurst Community Hall, Knogle Road BN1 6RB Physio-led strength & balance	£2 To book, call Julie: 07736 122 941	5, 5a	Wheelchair accessible
Standing Tall 13:30 - 14:45	St. Richards Community Centre, Egmont Rd, BN3 7FP Physio-led strength & balance	£2 To book, call Ruth: 07399 993 426	16a, 47	Wheelchair accessible
Standing Tall 14:15 - 15:15	St George's Church Community Centre, St George's Rd, BN2 1ED Physio-led strength & balance	£2 To book, call Julie: 07736 122 941	37, 37B, 47, 52 7, 12A, 17, 27	Wheelchair accessible

Friday 28th	Venue/ Details	Cost & How to book	Buses	Access
In Shape for Life 09:30 – 10:30	Portslade Sports Centre, Chalky Rd, Mile Oak, Portslade, BN41 2WS	FREE Drop in or call: 01273 294 589 or email healthylifestyles@brighton-hove.gov.uk	1, 1A	
Dance of Awareness 10:00 – 11:30	Patching Lodge, Park St, Brighton BN2 0AQ	£2 Drop in or call: 01273 688 117 or email lifelines@volunteeringmatters.org.uk	1, 1a, 2, 7	Wheelchair access with accessible WC
Dementia Daybreak Extra Care 10:00 – 15:30	Possibility Place, Windlesham Ave. BN1 3AH	£45 To book, call: 0800 019 1310 or email Brighton.Info@ageukwsbh.org.uk	7, 27	Wheelchair access with accessible WC
60+ Fitness 10:30 – 12:00	Vida Active Club 74 Blatchington Rd, Hove BN3 3YH	£4 To book, call: 07766 744 871 or email admin@vidaactive.club	5, 5a, 5b, 2, 49, 46	Wheelchair accessible
Saturday 29th	Venue/ Details	Cost & How to book	Buses	Access
Strength & Flexibility 10:00 – 11:00	The Hop 50+ Palmeira Square, Hove BN3 2FL	FREE TASTER To book, drop in or call: 01273 729 603	2, 1, 1A 46, 49, 5, 5A, 5B, 21, 25, 25X, 60, 71, 700	Wheelchair access with accessible WC
Seated Shimmy & Shake 11:30 – 12:15	The Hop 50+ Palmeira Square, Hove BN3 2FL	FREE TASTER To book, drop in or call: 01273 729 603	2, 1, 1A 46, 49, 5, 5A, 5B, 21, 25, 25X, 60, 71, 700	Wheelchair access with accessible WC

