

Category	Activity	Info	Website	When
Children	Colouring Club	No need to book. Free. Suitable for ages 3+. Under 8s must be accompanied by an adult	https://www.poole.gov.uk/libraries-museums-art-and-culture/libraries/your-libraries/hamworthy-community-library/	Wednesday 3pm-4pm
Children	Polydron Club	No need to book. Free. Suitable for ages 3+. Under 8s must be accompanied by an adult	https://www.poole.gov.uk/libraries-museums-art-and-culture/libraries/your-libraries/hamworthy-community-library/	Friday 3pm-4pm
Children	Homework Club	No need to book. Free. Suitable for ages 3+. Under 8s must be accompanied by an adult	https://www.poole.gov.uk/libraries-museums-art-and-culture/libraries/your-libraries/hamworthy-community-library/	Monday-Friday 3pm-430pm
Children	Games Club	No need to book. Free. Suitable for ages 3+. Under 8s must be accompanied by an adult	https://www.poole.gov.uk/libraries-museums-art-and-culture/libraries/your-libraries/hamworthy-community-library/	Tuesday 3pm-4pm
Dance	Hamworthy Labour Club Tea Dance	Music, dancing, bingo and a raffle. Free club entry and a buffet. Call for more details	Monday 12:30 - 2pm. Call 01202 245917 for more details	Monthly, call the Lighthouse for more details
Dementia	Memory Café Alzheimer's Society	£2 per session. No need to book, just turn up and a member of the team will greet you. For people with dementia and their carers	Email office for more details admindorset@alzheimers.org.uk	Wednesday 2pm-4pm
Dementia	Pramalife Memory Café	£2 per session inc tea and biscuit. A social afternoon with activities, advice and support for people affected by dementia and their carers	https://www.pramacare.org.uk/PramaLIFE_Clubs.html	Monday 2-4pm
Entertainment	Sporting Memories	£1 including refreshments, come along, listen and share sporting memories with older sporting fans	https://gallery.mailchimp.com/224f8c5de13d9f50f54d812e2/files/8977accf-2ee1-46d3-96d3-7aad9de58a78/Sporting_memories_A4_2018.pdf	Monday 11-1pm
Exercise	Pilates Back Care	£6 per session. Improve body function, muscle imbalance and enable you to move more freely	Email kkl343@hotmail.co.uk for more details	Tuesday 640pm-740pm
Exercise	Pilates Mixed Level	£6 per session. Stretching and strengthening to improve spine mobility and posture	Email kkl343@hotmail.co.uk for more details	Tuesday 530pm-630pm
Exercise	Senior Low impact Chair Exercise	Exercise to reduce joint stiffness, the more you move the more energy you have	Email kkl343@hotmail.co.uk for more details	Thursday 1130-1215pm
Exercise	REACH Yoga group (part of Dorset Mental Health Forum)	£5 per session	Email reach@dorsetmentalhealthforum.org.uk for more details	
Exercise	Chair Exercises Classes	£2 per session, 1st session is free. Carer free	https://www.yourphp.org.uk/residents-and-leaseholders/resident-involvement/health-and-wellbeing/	Friday 2pm

Exercise	Over 60's body balance	£4 a session. Gentle and fun exercise class aimed at better posture, strength, stability and reducing the risk of falls		
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