

Category	Activity	Info	Website	When
Activity	Young at Heart Club	For the over 50's at Upton Community Centre	Call Paula or Ray 01202 623712	2nd and 4th Thursday
Activity	Petanque Group	At Upton Country park, new members welcome. Boules can be borrowed.	Contact Janet Moreton 01202 649056	
Activity	Stamp/Postcard Club	Meets on the 1st and 3rd Thursday of the month, Upton Community Centre	Contact Michael 01202 604741 or <a href="http://www.philatellyinbournemouth.co.uk/pool-e-club">www.philatellyinbournemouth.co.uk/pool-e-club</a>	715pm
Activity	Upton Trefoil Guide	A group of 25 people who have been involved in Girl Guiding and help out when we can. Come along and join a friendly group, for crafts, speakers, outings	Contact Val 01202 240338	
Activity	U3A	For semi retired people to get together, share education, creative, leisure and social activities	<a href="http://www.u3asites.org.uk/upton-lychett">www.u3asites.org.uk/upton-lychett</a>	
Art and Crafts	Craft Classes	Friendly classes to learn patchwork, rug making, tea and coffee inc. 3 hours sessions to suit	Call 07789 122646 for more details	
Art and Crafts	Craft Classes	Friendly Classes of patchwork, rug making, upholstery. Tea, coffee and laughter included	Call Christina 07789 122646 for more information	Mondays or Fridays 11am-4pm
Art and crafts	Adult Colouring	Relaxation and chat, all materials provided and hot drinks available	Upton Library 01202 623744	Monday 2pm-3.30pm
Art and Crafts	Lychett and Upton Floral Club	Affiliated to NAFAS, at Upton Community Centre	Contact 07776 175673 or <a href="mailto:strep1@sky.com">strep1@sky.com</a>	1st Wednesday of the month
Children	Lychett and Upton Red Triangle Football Club	Saturday Mornings 9-10am for ages 4-10years. Teams 11-18 years throughout the week. Matches 7+ on Sundays	Contact Mike Fudge 07545 778342 or <a href="mailto:chairman@lutfc.co.uk">chairman@lutfc.co.uk</a>	See info
Children	Under 1s	Group for children under 1 and their parents	Upton Health Centre	Wednesdays 10-1130am
Children	Lego Club	Come and have a go	Upton Library 01202 623744	
Children	Rhyme Time	Songs and stories	Upton Library 01202 623744	
Children	Lego Club	Children under 8 must be accompanied by an adult.	Upton Library 01202 623744	Friday 3.45pm-4.45pm
Children	Rhyme Time	Singing for babies and toddlers	Upton Library 01202 623744	Wednesday 215pm-245pm
Children	Upton Library Gets Lively	0-4 years	Upton Library 01202 623744	Wednesday 33-4pm
Children	ALL Together	0-5 years	Upton Library 01202 623744	Friday 10-1130am
Children	Girl guiding	rainbows 5-7yrs, Brownies 7-10yrs, Guides 10-14yrs, Rangers 14-26yrs in Upton	<a href="mailto:uptondistrict@hotmail.co.uk">uptondistrict@hotmail.co.uk</a>	

Children	Wildcats Football	Under 9 girls football team, training at Upton Rec	<a href="http://www.lurtfc.co.uk">www.lurtfc.co.uk</a>	Training Thursday 6-7pm Matches Saturday mornings
Computer	Digital Champion	One to one sessions on how to use your laptop, table or smartphone	Call 01202 623744 for more info	Wednesday (term time) 5pm-6pm
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		
Gardening	Allotments	For residents of Upton	Contact Lynn 01202 622046	
Gardening	Lytchett Minster and Upton Gardening Club	Monthly meetings at the community centre	Contact <a href="mailto:secretary@lmugc.org.uk">secretary@lmugc.org.uk</a>	
Library	Housebound Rounds	Books bought out to you every 3 weeks, contact Upton Library for more details	Upton Library 01202 623744	
Lunch	Seniors Thursday Lunch Club	£4 for two courses, home cooked meals	Call Pete 07784 942397 for more details	Thursday 12-130pm
Reading	Home Library Service	For people who are unable to visit the library themselves	<a href="http://www.boroughofpoole.com/libraries">www.boroughofpoole.com/libraries</a>	Thursday 630pm-9pm
	The Best Foot Forward Leg Club	If you are a patient at The Adam Practice and you have, or have a history of, Ulceration, Cellulitis, Eczema of the lower limbs, then come along to one of our Leg Club clinics where we will be happy to help you.	<a href="http://www.adampractice.co.uk/page1.aspx?p=1&amp;t=8">http://www.adampractice.co.uk/page1.aspx?p=1&amp;t=8</a>	Thursday 9-12pm