

The Hop50+

MARCH 2017



This pack contains:

What's On & When?

Trip Information

Health Promotion and Events

The Hop50+ & Café,

Palmeira Square, Hove BN3 2FL Tel: 01273 729603

Opening Hours 9.30am–4.30pm

Email: thehop50@impact-initiatives.org.uk

Please like our Facebook page [The Hop 50+ Community](#)

The Hop50+ & Café are part of Impact Initiatives, a registered charity 276669 and company limited by guarantee 1402692.

Registered office 19 Queens Road, Brighton BN1 3XA www.impact-initiatives.org.uk

GROUPS AND SESSIONS MARCH 2017
KEEP FIT AND HEALTHY - CLASSES IN PURPLE
SPECIAL EVENTS IN BLUE

Day of the Week/Date	Times	Class/Activity	Where	Cost
<u>Mondays</u> 27th March	10.15 – 12.45	<u>FITNESS MOT</u> (Please make an appointment in the Office)	Lounge	Free
	10.30 - 11.00	What's News? (Not on the 27 th) (Tea & Crumpets £1)	Lounge	
	11.30 - 12.30	'New' Music & Memories (Not on the 27 th)	Lounge	£2
	11.00 - 12.00	Quiz	Cafe	£2
13th March	1.30 – 2.15	Talk 'Reiki' & Face Massage Demonstration	Lounge	Free
	2.00 – 3.00	Boccia / Kurling / Indoor Bowls (alternate wks)	Lounge	£2
	1.45 – 3.15	Pottery	Cafe	£3
	2.00 – 3.00	'New' Jewellery Making (with Polymer Clay – FORTNIGHTLY)	Café	£3
	2.00- 3.30	Scrabble	Cafe	Free
It's Back	3.30 – 4.45	Play Reading (not on the 27 th)	Lounge	£3
6th March	3.30 – 4.30	'Time for a Cuppa' Dementia Awareness	Cafe	
	3.30- 4.30	Yoga	Cornerstone	£5
27th March	3.15 – 4.15	TALK – 'MY LIFE IN PERU' With Sue Cunningham	Lounge	Free
<u>Tuesdays</u>	10.00 – 11.00	Drama	Lounge	£2
	11.00 - 12.00	St John's Singers (1 ST Session FREE for new Customers)	In the Church	£5
	11.30 – 12.30	Mindful Yoga (1 ST Session FREE for new Customers)	Lounge	£5

<u>Tuesdays</u> 7th & 21st	11.30 - 12.30	Yahtzee/Dominoes/Draughts	Cafe	Free
	2.00 – 3.00	Bingo	Lounge	£3
	1.30- 3.00	Line Dancing	At All Saints Church Hall	£5
	3.00 – 4.00	‘Parlez Vous Francais?’ (Fortnightly)	Lounge	£2
	2.00 - 3.30	Card Games	Café	Free
<u>Wednesday</u>				
Only 1st March	11.00 – 12.30	Shape Up at The Hop	Lounge	<u>Free</u>
	10.30 – 12.00	LGBT Social Meet Up – Modelo Lounge, Church Road, Hove		
	2.00- 4.00	Art Café (1st Session FREE for new customers)	Café	£5
	2.00 - 3.15	Delight in Dance (1st Session FREE for new customers)	Lounge	£5
<u>Thursdays</u>				
9th & 23rd 2nd, 16th & 30th	10.00 – 11.30	Gardening		Free
	10.30 – 11.30	Low Impact Walking Workout	Lounge	£2
	11.30 – 12.30	Quiz	Café	£2
	1.00 – 2.00	Relaxation Class	Florrie Room	£2
	1.45 - 3.00	Indoor Short Mat Bowls	Lounge	£2
	2.00 - 3.00	Boccia	Lounge	£2
	2.00 - 3.00	Knit for Peace	Café	Free
	3.00 – 4.00	‘New ’ Tech Buddy (Please make an appointment in the office)	Cafe	
3.30- 4.30	Advanced Tai Chi	Lounge	£5	

<u>Fridays</u> 'The Hop Stop' Dementia Friendly Day	10.30 – 12.30	Morning Session (See information on attached sheet)		£5
	1.30 - 3.30	Afternoon Session (See information on attached sheet)		£5
<u>Saturdays</u>	10.00 – 11.00	Table Tennis	Lounge	£1
4th March	11.00 – 12.30	'Photography Project' Drop In Session – Come and Find Out More about it	Lounge	Free
11th March	11.00 – 12.30	Come and Share with Us for International Womens Day - 'Women we Admire'	Lounge	Free
18th March	11.00 – 12.00	'New' Table Quiz – Grab a Team (Max 4 per Team) Prizes to be won	Cafe	£3
	1.30 - 2.30	Boccia	Lounge	£2
	2.00 – 3.30	'New' Be Creative CANVAS ART (Art or Craft – focussing on a different project every month)	Cafe	£3
	3.00 – 4.00	'Sing like No One is Listening'	Lounge	£2
<u>Sundays</u>	12.30 - 1.30	Lunch Club	Café (includes complimentary glass of wine)	£8
	1.30pm	Film Club	Lounge	Free



COMMUNITY TRIP LIST FOR MARCH 2017

Date	Venue	Time	Cost
<p>Thursday 2nd</p>	<p style="text-align: center;"><u>The Berwick Inn</u> <u>NEW VENUE</u></p> <p>The Berwick Inn have developed a menu that brings you the best of Sussex ingredients.</p> <p>With pub classics, contemporary country food and superb veggie dishes they have something for everyone. Come and join Val, on the trip to the Inn which is right next to Berwick train station.</p>	<p>11am</p>	<p>£10</p>
<p>Monday 6th</p>	<p style="text-align: center;"><u>The Yew Tree - Arlington</u></p> <p>For 110 years, nestled in the picturesque village of Arlington stands the Yew Tree Inn.</p> <p>The two and a half acre plot has been owned by Peter and Joan Laws for the last 25 years. In that time they have built it up to the beautiful place that you see today.</p> <p>As well as the outstanding menu, the place itself is quite a marvel.</p> <p>The menu consists of a wide variety of Specials, Steaks, Salads, & Main Courses.</p> <p>There is certainly something for all appetites and tastes.</p>	<p>11am</p>	<p>£10</p>

<p>Monday 27th</p>	<p style="text-align: center;"><u>The Three Horseshoes - Cranleigh</u> <u>NEW VENUE</u></p> <p>The Three Horseshoes in Cranleigh High Street, a friendly, cosy, historic pub with beams, an inglenook fireplace, wood floors and a classical tile-hung frontage.</p> <p>There's more than antiquity to the Three Horseshoes though - there's the Landlord's passion for great ales and fine wines to start with and then there's a menu which is full of old favourites and all at great prices. Please pre order – See Menu in Office</p> <p>Daisy Elder will also be joining us for Lunch as she now lives in Cranleigh.</p>	<p>11am</p>	<p>£10</p>
<p>Thursday 30th</p>	<p style="text-align: center;"><u>Back by popular Demand</u> <u>Highdown Gardens</u> <u>Carvery or Tea Room</u></p> <p>Highdown Garden's is a hidden gem nestled on the South Downs situated between Ferring and Goring.</p> <p>The 8.5 acres of Gardens were created out of an old chalk pit overlooking the South Downs, where there was little soil and very unfavourable conditions for plant growth.</p> <p>The Chalk Garden at Highdown is the achievement of Sir Frederick and Lady Stern who worked for 50 years to prove that plants would grow on chalk.</p> <p>When you're ready for lunch, you can choose either a carvery or the tea room, you decide 😊</p>	<p>11am</p>	<p>£10</p>

TO SECURE YOUR PLACE ON A TRIP PLEASE PAY IN ADVANCE:

How Do I Book and Pay for my Place?

- 1. Telephone (01273) 729603 to reserve your place.**
- 2. Pop into the Hop50+ and pay by cash or cheque, OR...**
- 3. Pay Val, our driver, on a previous trip.**

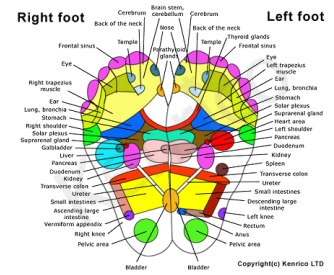
Please note:

- Cheques should be made payable to Impact Initiatives.**
- All trips are allocated on a first come first served basis.**
- Once you have booked and paid, your place is confirmed.**
- Refunds will only be issued at the discretion of the manager.**
- Cancellations less than 24 hours will not be subject to a refund.**

For further information, please contact Lin, or Leanna at the Hop50+ on 01273 729603 or call in person to the Centre, Palmeira Square, Hove, BN3 2FL

Thank you

HEALTH AND WELL BEING IN THE FLORRIE ROOM



For prices, further information and to make an appointment please call 01273 729603 or pop into the Office

MONDAYS	<p>Alexander Technique Ayurveda Therapies 9.30am – 1 pm</p>
TUESDAYS	<p>Seated Massage Full Body Massage Aromatherapy Massage Reiki, Tarot, Sports Massage, Deep Tissue Massage, Thai Foot Massage & Hot Stone Massage 9.30 am – 3 pm</p>
WEDNESDAYS	<p>Reflexology Indian Head Massage 10 am – 1 pm Chiropody 1.30 pm – 3 pm Chiropractic Service 1.30 – 4.30</p>
THURSDAYS	<p>Reflexology Manicures, Pedicures, Massage 10.30am – 12.30am</p>
SATURDAYS	<p>Swedish Massage 10am – 12noon Sound, Colour, Crystal Healing 2 pm - 4 pm</p>

Please note this is a **LOW COST SERVICE**, if appointments are cancelled with less than 24 hours' notice, or if you do not show up for your appointment, there will be a £5 charge incurred

Some therapies/treatments are not available every week currently so always check with the office. **THANKYOU!**



The Hop Stop each Friday at the Hop50+

Who is it for?

People who identify themselves as having, or who have had a diagnosis of early stage dementia. Carers are also very welcome.

What's on offer?

Every Friday the Hop50+ is dedicated to providing a specialist dementia-friendly service.

Using our successful model of providing personal choice rather than delivering a whole-day service, a range of activities is on offer so people can stay all day or come in at times which suit them. Charges can be pre-paid or invoiced if required; the café will also be open all day so people can just come in for lunch or a coffee and a chat.

Through working with experts and specialists we have developed a programme of innovative and engaging activities which are enjoyable and designed to keep minds and bodies active, carers are also welcome to attend these.

Schedule for the Hop Stop Day is as follows:

Morning Session - 10.30am - 12.30pm

Lunch - 12.30 pm

Afternoon Session - 1.30pm -3.30pm

The whole day is £10, or just the morning or the afternoon is £5.

Each session is designed to suit the varied and individual needs of the people who use the Hop Stop, and in March we will run the following activities:

- "This is my Life" photo-sharing sessions and sketchbook making
- Sing Healthy
- Jukebox Jury where we'll be playing and discussing all your vinyl records
- IGNITE which is an art discussion group
- "Breathing Spaces", a relaxation and improvisation session
- Baking and cooking

We also have a lunchtime visit from 'Woody' a lovely greyhound from Sussex Caring Pets.

These sessions are suitable for people with early stages dementia.

Carers are very welcome to come along.

Please bring vinyl records and old (or new) photographs of your choice for our discussions and record spinning sessions each week during March.

For further information

You can find out more by speaking to Lin Hastings (Manager) or Anne Brindley (Outreach Worker). We are available on (01273) 729603.

People are also welcome to drop into the centre or can contact us to discuss their needs and get further information.

The Hop50+ is situated within St John`s Church on Palmeira Square, Hove BN3 2FL. It is well signposted from Church Road and First Avenue.



The Café @ the Hop50+

- Healthy, home cooked meals
- A hot lunch served daily at 12.30 pm
- A selection of light meals, snacks and refreshments are available
 - A lovely garden setting
 - A menu is available on request



Open 7 days a week

9.30am to 4.30pm

Café closed for Art Group on Wednesdays 1.30pm–3.30pm

Café open only for 'The Hop Stop' dementia-friendly sessions on Fridays

The Larches Café

New Larchwood

Waldron Avenue

Brighton

BN1 9EZ

(01273) 609281

- **Open Monday, Thursday and Friday – 9am to 3.30pm**
- **A menu of healthy, home cooked meals served daily**
 - **A Community Café for all ages**



HEALTH PROMOTIONS & EVENTS

MARCH 2017

<i>'Time for a Cuppa' Dementia Awareness</i>	<i>Monday 6th March Join us for tea and cake at 3.30 pm</i>
<i>International Women's Day (officially 8th)</i>	<i>Saturday 11th March – 11am 'Women we Admire'</i>
<i>Nutrition & Hydration</i>	<i>Thursday 16th March Cafe</i>
<i>Oral Health 20th March</i>	<i>Information Stand</i>

For further details and information about events and information relating to these health promotions, please telephone (01273) 729603 and speak to

Claire or Paula.

How to find us at The Hop50+

Catch any of these buses to Palmeira Square

1, 1A, 2, 5,
5A, 5B, 6, 21,
25, 25X, 46,
49, 60, 71,
700



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