

The Hop50+

AUGUST 2017

Coming Soon
9th September
1 pm – 4 pm



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 (No card payments)

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 AUGUST 2017
KEEP FIT AND HEALTHY - CLASSES IN PURPLE
SPECIAL EVENTS - BLUE

Day of the Week/Date	Times	Class/Activity	Where	Cost
<u>Mondays</u>				
	10.30 - 11.00	What's News? (Tea & Crumpets £1.50)	Lounge)) £2
	11.30 - 12.30	Music & Memories)
	11.00 - 12.00	Quiz	Cafe	£2
	2.00 – 3.00	Boccia / Kurling / Indoor Bowls (alternate wks)	Lounge	£2
	2.00 – 3.30	'New' Drawn to Art Portraits/Still Life with Stjohn	Cafe	£3
	2.00- 3.30	Scrabble	Cafe	Free
	3.15 – 4.30	Play Reading (not on the 28th)	Lounge	£3
	2.45 – 3.30	'New' Chair Yoga (All welcome including Beginners)	Cornerstone	£5
	3.40- 4.40	Yoga	Cornerstone	£6
<u>Tuesdays</u>				
29th	10.00 – 11.00	'Play Reading With Attitude' (None on the 1st or 8th)	Lounge	£2
	1.30 - 2 pm	'Taking Minutes, Wasting Hours' Play Reading Performance	Lounge	Free
	10.00 – 12.00	Tech Buddy (Please make appointment in the Office)	Cafe	
	11.15 - 12.15	'New' Hop Singers (1 ST Session FREE for new Customers)	Lounge	£3
	11.15 – 12.15	Chair Yoga	Church Room	£6
	11.30 - 12.30	Yahtzee/Dominoes/Draughts	Cafe	Free

<u>Tuesdays</u>	2.00 – 3.00	Bingo – (One of the prizes includes a Hop 50+ Meal)	Lounge/Cafe	£3.50
	1.30- 3.00	Line Dancing	<i>Ask for venue details</i>	£6.50
	8 th & 22nd 3.00 – 4.00	‘Parlez Vous Francais?’ (Fortnightly)‘	Lounge	£2
<u>Wednesday</u> Only 2nd August	10.30 – 12.00	LGBT Social Meet Up – Modelo Lounge, Church Road, Hove		
	11.00 – 12.00	‘New’ SHAPE UP (PLEASE ASK IN OFFICE)	Lounge	Free
	2.00- 4.00	Art Café (1st Session FREE for new customers)(includes tutor and materials)	Café	£10
	2.00 - 3.15	Delight in Dance (1 st Session FREE for new customers)	Lounge	£6
<u>Thursdays</u>	10.00 – 11.30	Gardening		Free
	10.30 – 11.45	Keep Calm & Crochet	Cafe	Free
	10.30 – 11.30	Games in the Garden (weather dependant)	Garden	£2
	3 rd , 17 th & 31st 11.15 – 12.15	New’ Summer Health Walks		
	31st 11.30 – 12.30	Church Service	Church	£2
	11.30 – 12.30	Quiz	Lounge	£2
	24th 10th & 17th 3rd & 31st 1.45 - 3.00	Indoor Short Mat Bowls	Lounge	£2
	2.00 - 3.00	Boccia	Lounge	£2
	2.00 - 3.00	Kurling	Lounge	£2
	2.00 - 3.00	Knit for Peace	Café	Free
3.00 – 4.00	Tech Buddy (Please make an appointment)	Cafe		
3.30- 4.30	Advanced Tai Chi	Lounge	£6	

<u>Fridays</u> 'The Hop Stop' Dementia Friendly Day	10.30 – 12.30	Morning Session 'This is Your Life, Music, Memoirs & Mementoes' IGNITE Art Discussion Group (See information on attached sheet)		£5
	1.30 - 3.30	Afternoon Session 'The All Stars' and 'Summer Club' (See information on attached sheet)		£5
<u>Saturdays</u> 'NEW' 26th August	9.30 – 11.00	Table Tennis	Lounge	£1.50
	10.30 – 12.30	SCRABBLE TOURNAMENT (Last Saturday in every month)	CAFE	
	11.15 – 12.15	'New Age Kurling'	Lounge	£2
	1.30 - 2.30	Boccia	Lounge	£2
	3.15 – 4.15	'Sing like No One is Listening' (Not on the 5th or 12th)	Lounge	£2
<u>Sundays</u> New	10.30 – 11.30	'New' Breakfast Quiz Includes Tea/Coffee & Toast	Cafe	£2
	Served at 12.30pm	Sunday Lunch	Café (includes complimentary glass of wine)	£8.50
	New 1.45 – 2.45	'New' Sunday Bingo	Lounge	£3.50



COMMUNITY TRIP LIST FOR AUGUST 2017

Date	Venue	Time	Cost
<p>MONDAY 7th</p>	<p><u>THE OLD TOLLGATE - BRAMBER</u></p> <p>Set within the quaint village of Bramber, near Brighton and on the doorstep of the South Downs National Park.</p> <p>An award winning Carvery Restaurant offering amazing choices of locally sourced, seasonal food.</p> <p>August Special Offer £7.25 Main Course</p>	<p>11 am</p>	<p>£15</p>
<p>WEDNESDAY 9th</p>	<p><u>NEW VENUE</u> <u>THE MOORING - PEVENSEY BAY</u></p> <p>The Mooring is a traditional English restaurant located on the beach in Pevensey.</p> <p>It offers a varied selection of fish dishes, together with a selection of steaks and popular dishes such as roasts, puddings and more. Renowned for its 3 course for £10 menu, which has an amazing choice of at least 6 starters and desserts and 10 main course selections.</p>	<p>11 am</p>	<p>£15</p>
<p>MONDAY 14th</p>	<p><u>DAY TRIP TO BOGNOR</u> (Please note leaving time is 9.30 am)</p> <p>Bognor Regis a seaside resort can boast the highest recorded number of hours sunshine than anywhere else in Britain.</p> <p>There is a pier, a delightful park – Hotham Park, and a large town centre, as well as plenty of restaurants.</p>	<p><u>9.30 am</u></p>	<p>£15</p>

<p>MONDAY 21st</p>	<p style="text-align: center;"><u>NEW VENUE</u> <u>KINGS HEAD</u> <u>LOWER HORSEBRIDGE</u></p> <p style="text-align: center;">Serving excellent pub food and a very warm welcome to everyone</p> <p style="text-align: center;">Two courses for £7.50</p>	<p>11 am</p>	<p>£15</p>
<p>WEDNESDAY 23rd</p>	<p style="text-align: center;"><u>NEW VENUE</u> <u>SUSSEX PRAIRIE GARDENS</u> <u>£7 Entry and Talk</u></p> <p style="text-align: center;">Sussex Prairie is Britain's largest "Prairie," or "Naturalistic," garden, with eight acres of stunning garden to roam around. Unlike most gardens of a comparable size, it has no castle or stately home!</p> <p style="text-align: center;">The garden encourages exploration using a network of small wood chip paths which snake through the huge borders. Come and visit, please do walk on the grass and in the borders! Sussex Prairies-an extraordinary garden created by ordinary people!</p> <p style="text-align: center;">They have a Teashop which sells sandwiches and homemade cakes or take a picnic?</p>	<p>10.30 am</p>	<p>£15</p>
<p>WEDNESDAY 30th</p>	<p style="text-align: center;"><u>THE GREENMAN - RINGMER</u></p> <p style="text-align: center;">By popular demand we offer again this month to join Val and go to the Greenman Pub, based near Lewes. This is one of our favourite destinations; you certainly won't go home hungry! 😊</p> <p style="text-align: center;">The food is excellent value for money. There is a great selection of meals to choose from, to suit all tastes and appetites.</p>	<p>11 am</p>	<p>£15</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 Paula 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.

<p>MONDAYS</p>	<p>Alexander Technique Ayurvedic Massage Therapies Ayurvedic Herb or Diet Consultation Body Stress Release 9.30am -1.00am</p>
<p>TUESDAYS</p>	<p>Seated Massage Full Body Massage Aromatherapy Massage Reiki Tarot Sports Massage, Deep Tissue Massage, Hot Stone Massage 10am - 2.30pm</p>
<p>WEDNESDAYS</p>	<p>Chiropody 1.15pm -3.30pm</p>
<p>THURSDAYS</p>	<p>Manicures, Pedicures, Swedish Massage, Indian Head Massage 10.00am – 12.00am</p>
<p>SATURDAYS</p>	<p>Manicures, Pedicures, Swedish Massage, Indian Head Massage 10am – 12noon</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 August we will run the following activities:

- "This is Your Life" photo-sharing sessions and sketchbook making
- 'Music Memoirs and Mementoes'
- IGNITE which is an art discussion group
- "The All Stars Club", a relaxation and improvisation session
- 'Summer Club' Nature and Food Group

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 August.

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 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 and Events - AUGUST 2017

Saturday 19th August

'WORLD PHOTO DAY'

Hop50+ Photo Competition – 'Picture This'
Have you got an eye for a good photo, then please enter our competition the Theme is Summer. Judging and Prize to be awarded at the Summer Fayre on the 9th September

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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