

The Hop50+

NOVEMBER 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

Card Payments now accepted

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 NOVEMBER 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	
	11.30 - 12.30	Music & Memories	Lounge	£2
	11.00 - 12.00	Quiz	Cafe	£2
	2.00 – 3.00	Boccia OR Indoor Bowls	Lounge	£2
	2.00 – 3.30	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 27 th)	Lounge	£3
27 th November	3.15 – 4.15	TALK – ‘They called her Cassandra’ by Renee Tyack (Memoir of Survival)	Lounge	Free
	2.45 – 3.30	‘New’ Chair Yoga (All welcome including Beginners)	Cornerstone	£5
	3.40- 4.40	Yoga	Cornerstone	£6
<u>Tuesdays</u>	10.00 – 11.00	‘Play Reading With Attitude’	Lounge	£2
	10.00 – 12.00	Tech Buddy (Please make appointment in the Office)	Cafe	Free
	11.15 - 12.15	‘New’ Hop Singers (1 ST Session FREE for new Customers)	Lounge	£3
	11.15 – 12.15	Mindful Yoga	Church Room	£6
	11.30 - 12.30	Yahtzee/Dominoes/Draughts	Cafe	Free

<u>Tuesdays</u>	2.00 – 3.00 (Weekly)	Bingo – (One of the prizes includes a Hop 50+ Meal)	Lounge/Cafe	£3.50
Every week	1.30- 3.00	Line Dancing	All Saints Church, Hove	£6.50
14th & 28th	3.00 – 4.00	‘Parlez Vous Francais?’ (Fortnightly)	Lounge	£2
<u>Wednesday</u>	9.30 – 11.00	‘New’ Table Tennis	Lounge	£1.50
Only 1st November	10.30 – 12.00	LGBT Social Meet Up –	Modelo Lounge, Church Road, Hove	
Every Week	11.30 – 12.30	‘New’ Basic Italian (November only)	Lounge	£2
	1.30 – 2.30	‘New Times’ Tech Buddy (Please make an appointment)	Cafe	
	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 (1st Session FREE for new customers)	Lounge	£6
<u>Thursdays</u>	10.30 – 11.45	Keep Calm & Crochet	Cafe	Free
Every Week	11.15 – 12.15	Quiz	Cafe	£2
30th	11.30 – 12.30	Church Service	Church	Free
21st	1.30 – 3pm	HOUSE MEETING – All Welcome	Lounge	N/A
2nd & 23rd	1.45 - 3.00	Indoor Short Mat Bowls	Lounge	£2
9th & 30th	2.15 - 3.15	Boccia	Lounge	£2
16th	2.00 - 3.00	Kurling	Lounge	£2

Every week	2.00 - 3.00	Knit and Natter	Café	Free
<u>Frídáys</u> 'The Hop Stop' Dementia Friendly Day	10.30 – 12.30 1.30 - 3.30	Morning Session 'This is Your Life, Music, Memoirs & Mementoes' IGNITE Art Discussion Group (See information on attached sheet) Afternoon Session 'The All Stars' and 'Autumn Club' (See information on attached sheet)		£5 £5
<u>Saturday</u> 4 th Nov	11.00 - 12.30	NEW LOOK SATURDAY'S OPEN MIC POETRY (Share your favourite poetry, either self authored or by another poet. Participants and listeners welcome.)	LOUNGE	
11 th Nov	11.00 – 12.30	THE BIG BUSK (Bring along your musical instruments and share your musical skills with us. Come listen or play)	LOUNGE	
25 th November	11.15 – 12.15	BOOK CLUB DISCUSSION	Lounge	£1
	9.30 – 11.00	Table Tennis & Shuffleboard	Lounge	£1.50
25 th November	10.30 – 12.30	SCRABBLE TOURNAMENT (Last Saturday in every month)	CAFE	£2
Every week	1.30 - 2.30	Boccia	Lounge	£2
4 th , 18 th & 25 th	2.45 – 3.45	'Sing like No One is Listening' (Not on the 11 th)	Lounge	
<u>Sundays</u>	Served at 12.30pm	SUNDAY ROAST (includes complimentary glass of wine)	Café	£8.50



COMMUNITY TRIP LIST FOR NOVEMBER 2017

Date	Venue	Time	Cost
Wednesday 1st November	<p style="text-align: center;"><u>Eight Bells – Bolney Pub Lunch</u></p> <p>A charming and traditional Sussex pub nestled in the heart of the village offering a range of ales alongside good wholesome pub grub. You are always assured of a warm welcome!</p> <p style="text-align: center;">Starters £3.95</p> <p style="text-align: center;">Mains £6.95</p>	11am	£15.00
Monday 6th November	<p style="text-align: center;"><u>Haskins Garden Centre (Roundstone)</u></p> <p>A firm favourite, carvery, fish and chips, salad bar, soups, sandwiches, they have it all here and lots of plants!</p>	11am	£15.00
Wednesday 8th November	<p style="text-align: center;"><u>'NEW' The Worlds End – Patching Pub Lunch</u></p> <p>One of Sussex's landmarks, the World's End is a beautiful Sussex longhouse located next to Patching Lake. The site has been an inn since 1765 and is now called the Worlds end in homage to the sea-farers of the past who feared sailing off the edge of the world. A Hall & Woodhouse pub, traditional pub food and comfy surroundings, sure to become one of our regulars.</p>	11am	£15.00
Monday 20th November	<p style="text-align: center;">Wickwoods Country Club</p> <p>Located at Wickwoods is an award winning restaurant called The Glass House. Enjoy local casual dining, serving food all day using fresh and locally-sourced Sussex produce. The Lunch menu is 2 courses for £14.95, 3 courses for £18.95, or choose A La Carte</p>	11am	£15.00

Wednesday 22nd November	<p style="text-align: center;">Chichester Day Trip</p> <p>The historic county town of West Sussex and a city too, you can enjoy its interesting shops, market, magnificent cathedral and some of Great Britain's oldest churches</p>	10am	£15.00
Monday 27th November	<p style="text-align: center;">North Star – Worthing Pub Lunch</p> <p>Visit The North Star in Worthing for authentic British cooking in a genuine local pub warmed by a cosy fire.</p> <p>Choose the set menu 1 course £5.29, 2 courses £7.29, 3 courses £9.29, or choose from main menu</p>	11am	£15.00
Wednesday 29th November	<p style="text-align: center;">Hilliers Garden Centre – Horsham</p> <p>All ready for Christmas, the centre will be decked out in all it's glory, lights and all! Do all your Christmas gift buying here if you wish and enjoy your lunch at the Café Rowan</p>	11am	£15.00

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.

MONDAYS	Alexander Technique Ayurvedic Massage Therapies Ayurvedic Herb or Diet Consultation 9.30am -1.00am
TUESDAYS	Seated Massage Full Body Massage Aromatherapy Massage Reiki Tarot Sports Massage, Deep Tissue Massage, Hot Stone Massage 10am - 2.30pm
WEDNESDAYS	Chiropody 1.15pm -3.30pm
THURSDAYS	Manicures, Pedicures, Swedish Massage, Indian Head Massage 10.00am – 12.00am
SATURDAYS	Manicures, Pedicures, Swedish Massage, Indian Head Massage 10am – 12noon

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 November 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
- 'Autumn 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 November.

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

Card payments NOW accepted

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



NEW LOOK TO SATURDAY'S

Welcome to our new Menu for Saturday's . We will no longer be doing a set meal at 12.30 but offering a Hop Brunch Menu which can be ordered **ANYTIME** from 9.30 am. Please come and see us, great food at great prices and garnished with a warm, welcoming atmosphere.

SNACK Eat
r Brunch
e Jacket *BACON*
l *Salad*
a Full English
CHOICE
SAUSAGE
Anytime

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SATURDAY'S

As a bonus throughout November buy lunch on Saturday and Sunday and get your Saturday meal half price.

Health Promotions and Events -

NOVEMBER 2017

All month	LUNG CANCER AWARENESS <i>(Information)</i>
All month	MOVEMBER MEN'S HEALTH AWARENESS <i>(information)</i>
Monday 13th November 1.30 pm	WORLD KINDNESS DAY <i>Discussion in the Lounge</i>
Tuesday 14th November 1.30 pm	WORLD DIABETES DAY <i>Talk with Katie Gray</i>
Week 13th November to 19th November	ALCOHOL AWARENESS WEEK <i>(Information)</i>
Saturday 25th November at 11.15 am	BOOK WEEK <i>Please join our Book Discussion</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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