

# The Hop50+

## DECEMBER 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:- 9.30 am – 4.30 pm Monday to Saturday  
9.30 am – 3 pm Sunday**

**Card Payments now accepted**

**Email: [thehop50@impact-initiatives.org.uk](mailto: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](http://www.impact-initiatives.org.uk)**

**GROUPS AND SESSIONS DECEMBER 2017**  
**KEEP FIT AND HEALTHY - CLASSES IN PURPLE**  
**SPECIAL EVENTS – BLUE**

Day of the Week/Date	Times	Class/Activity	Where	Cost
<b>MONDAYS</b> 4th & 11th	11.00 - 12.15	Christmas Music & Memories	Lounge	£2
18th	10.45 - 12.15	'The Big Fat Quiz of the Year' Prize for the winning team	Lounge	£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	Lounge	£3
	2.45 – 3.30	'New' Chair Yoga (All welcome including Beginners)	Cornerstone	£5
	3.40 – 4.40	Yoga	Cornerstone	£6
	<b>CLOSED</b>	<b>MONDAY 25<sup>TH</sup> DEC 2017 &amp; MONDAY 1<sup>ST</sup> JAN 2018</b>		
<b>TUESDAYS</b>	10.00 – 11.00	'Playreading With Attitude'	Lounge	£2
	10.00 – 12.00	Tech Buddy (Please make an appointment)	Cafe	Free
	11.15 - 12.15	'New' Hop Singers	Lounge	£3
	11.15 – 12.15	Mindful Yoga	Church Room	£6
	1.30- 3.00	Line Dancing	All Saints Church Hove	£6.50
12th	1.30 – 3.00	HOUSE MEETING – Everyone Welcome	Lounge	Free
	2.00 - 3.00	Bingo (One of the prizes includes a Hop 50+ Meal) With Christmas Bingo on the 19th	Lounge	£3.50



<b>TUESDAYS</b>				
5 <sup>th</sup>	2.00 – 3.00	<b>BAKING SESSION (Mince Pies)</b>	Cafe	£2
Every week 	1.30 – 3.00	Line Dancing	All Saints Church, Hove	£6.50
	<b>CLOSED</b>	<b>TUESDAY 26<sup>TH</sup> DEC</b>		
<b>WEDNESDAY</b>	9.30 – 11.00	<b>'New'</b> Table Tennis	Lounge	£1.50
Only 6 <sup>th</sup> December	10.30 – 12.00	LGBT Social Meet Up –	Modelo Lounge, Church Road, Hove	
Every Week	1.30 – 2.30	<b>'New Times'</b> Tech Buddy (Please make an appointment )	Cafe	
	2.00- 4.00	Art Café (1st Session FREE for new customers) includes tutor and materials	Cafe	£10
	2.00 - 3.15	Delight in Dance (1 <sup>st</sup> Session FREE for new customers)	Lounge	£6
20 <sup>th</sup>	12.00 – 3.00	<b>CHRISTMAS LUNCH WITH ENTERTAINMENT BOOKING REQUIRED</b>	Lounge	17.50
	<b>CLOSED</b>	<b>WEDNESDAY 27<sup>TH</sup> DEC</b>		
<b>THURSDAYS</b>				
14 <sup>th</sup>	10.00 - 11.00	Christmas Gardening		Free
14 <sup>th</sup>	10.15 – 11.15	<b>'New Times'</b> Boccia	Lounge	£2
Every Week	10.30 – 11.45	Keep Calm & Crochet	Cafe	Free
7 <sup>th</sup>	11.30 – 12.30	<b>'New'</b> Room 101	Lounge	£2
14 <sup>th</sup>	11.30 – 12.30	The Light & Fluffy Christmas Debate	Lounge	£2
21 <sup>st</sup>	12.00 – 3.00	<b>CHRISTMAS LUNCH &amp; ENTERTAINMENT BOOKING REQUIRED</b>	Lounge	17.50


<b><u>THURSDAYS</u></b>				
7th	11.30 – 12.30	Church Service	Church	
14th	2.00 – 3.00	Sing-a-long Piano with Priscilla	Lounge	
	2.00 - 3.00	Reminiscing & Easy Conversation with Steve Andrews	Lounge	£2
Every week 	2.00 - 3.00	Knit and Natter	Café	Free
	<b>CLOSED</b>	<b>THURSDAY 28<sup>TH</sup> DEC</b>		
<b><u>FRIDAYS</u></b>				
'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 'Winter Club' (See information on attached sheet)		£5

<b><u>SATURDAY</u></b>		<b><u>NEW LOOK SATURDAY'S</u></b>		
	9.30 – 11.00	Table Tennis & Shuffleboard	Lounge	£1.50
2nd Dec 	11.00 - 12.30	<b>OPEN MIC POETRY</b> (Share your favourite poetry, either self authored or by another poet. Participants and listeners welcome.)	<b>LOUNGE</b>	
9th Dec	11.00 – 12.30	<b>THE BIG BUSK</b> (Bring along your musical instruments and share your musical skills with us. Come listen or play)	<b>LOUNGE</b>	
30th Dec	11.15 – 12.15	<b>BOOK CLUB DISCUSSION</b>	Lounge	£1
30th Dec	10.30 – 12.30	<b>SCRABBLE TOURNAMENT</b> (Last Saturday in every month)	CAFE	£1
Every week	1.30 - 2.30	Boccia (not on the 23rd)	Lounge	£2
	2.45 – 3.45	'Sing like No One is Listening'	Lounge	£2
23rd Dec		<b>CHRISTMAS THEMED DAY WITH ROAST DINNER CLOSING AT 3PM</b>		
<b><u>SUNDAY</u></b>  <b>(Not open 24th Dec)</b>	Served at 12.30pm	<b>SUNDAY ROAST</b> (includes complimentary glass of wine)	Café	£8.50



## COMMUNITY TRIP LIST FOR DECEMBER 2017

Date	Venue	Time	Cost
<b>WEDNESDAY 6<sup>th</sup></b>  	<p style="text-align: center;"><b><u>YEW TREE - ARLINGTON</u></b></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>Join us for our first Christmas meal. Christmas Menu £18.95 (3 courses) Or choose from the regular menu</p> <p>There is certainly something for all appetites and tastes.</p>	11am	£15.00
<b>MONDAY 11<sup>th</sup></b>	<p style="text-align: center;"><b><u>THE MOORINGS - PEVENSEY BAY</u></b></p> <p>The Mooring is a traditional English restaurant located on the beach in Pevensy.</p> <p>Christmas Menu 2 courses - £15 3 courses - £20</p>	11am	£15.00
<b>WEDNESDAY 13<sup>th</sup></b>  	<p style="text-align: center;"><b><u>EIGHT BELLS - BOLNEY</u></b></p> <p>Expect a warm and friendly atmosphere at this wonderful village Pub in Mid Sussex.</p> <p>Silver Bells Christmas menu available 2 courses £13.99 Or 3 courses £16.99</p>	11am	£15.00

<p><b>MONDAY 18th</b></p> 	<p align="center"><b><u>GREENMAN - RINGMER</u></b></p> <p>Why not join Val to the Greenman Pub, based near Lewes. This is one of our favourite destinations; you certainly won't go home hungry!</p> <p align="center">😊</p> <p>The food is excellent value for money. There is a great selection of meals to choose from, and you can pre-order turkey if you wish, just let the office know when booking.</p>	<p>11am</p>	<p>£15.00</p>
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**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><b>MONDAYS</b></p>	<p><b>Alexander Technique Ayurvedic Massage Therapies Ayurvedic Herb or Diet Consultation 9.30am -1.00am Reflexology 10.30 am – 3.30 pm</b></p>
<p><b>TUESDAYS</b></p>	<p><b>Seated Massage Full Body Massage Aromatherapy Massage Reiki Tarot Sports Massage, Deep Tissue Massage, Hot Stone Massage 10am - 2.30pm</b></p>
<p><b>WEDNESDAYS</b></p>	<p><b>Chiropody 1.15pm -3.30pm</b></p>
<p><b>THURSDAYS</b></p>	<p><b>Manicures, Pedicures, Swedish Massage, Facials &amp; Indian Head Massage 10.00am – 12.00am</b></p>
<p><b>SATURDAYS</b></p>	<p><b>Manicures, Pedicures, Swedish Massage, Facials &amp; Indian Head Massage 10am – 12noon</b></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 December 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
- 'Winter 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 December.

### **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

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## The Larches Café

New Larchwood

Waldron Avenue

Brighton

BN1 9EZ(01273) 609281

- Open Monday, Wednesday, 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 to last orders at 2.30 pm. Please come and see us, great food at great prices and garnished with a warm, welcoming atmosphere.

**SNACK Eat**  
**r Brunch**  
**e Jacket <sup>BACON</sup>**  
**l Full English**  
**a CHOICE**  
**x SAUSAGE**  
**Anytime**

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*Salad*



## Health Promotions and Events -

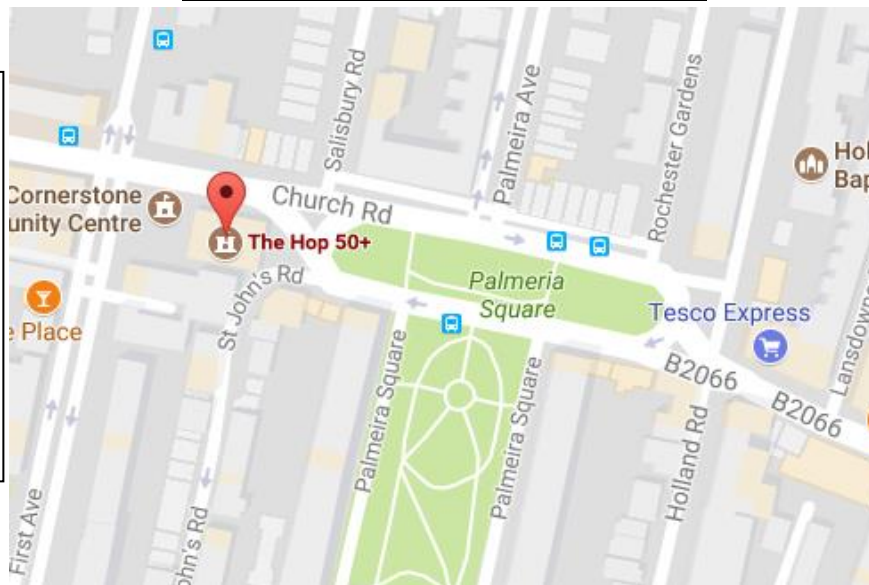
### DECEMBER 2017

<b>Tuesday 12<sup>th</sup> December</b> <b>10.30 am – 2 pm</b>	<b>SPEAK UP AGAINST CANCER</b> <b>STALL WITH ALBION IN THE COMMUNITY</b>
<b>Wednesday 20<sup>th</sup> December</b> <b>12 noon - £17.50</b>	<b>CHRISTMAS DINNER &amp; ENTERTAINMENT</b> <b>AT THE HOP – Please book in Café/Office</b>
<b>Thursday 21<sup>st</sup> December</b> <b>12 noon - £17.50</b>	<b>CHRISTMAS DINNER &amp; ENTERTAINMENT</b> <b>AT THE HOP – Please book in Café/Office</b>
	<b><u>CHRISTMAS CLOSING</u></b> <b><u>SUNDAY 24<sup>TH</sup> DEC TO FRIDAY 29<sup>TH</sup> DEC</u></b> <b><u>(inclusive)</u></b>
	<b><u>NEW YEAR CLOSING</u></b> <b><u>MONDAY 1<sup>ST</sup> JANUARY 2018</u></b>

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



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