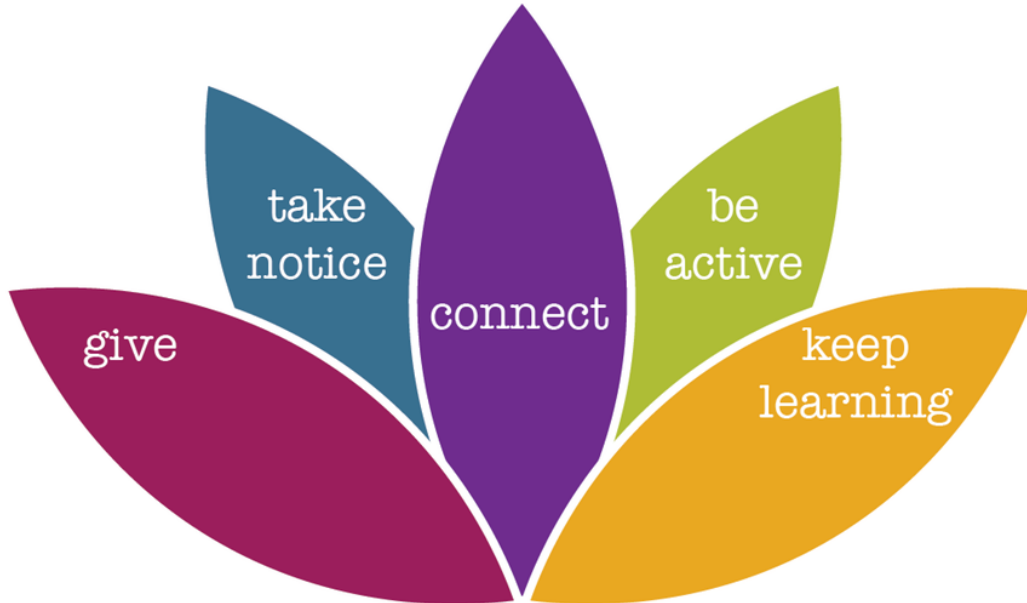




The Hop50+

JANUARY 2018



Five ways to wellbeing

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

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 JANUARY 2018
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 	'NEW' Strength & Flexibility Exercises & Workout - BHF	Lounge	£2
'NEW' Starts 8 th weekly	11.30 - 12.30	'New' <u>Pilates</u>	Lounge	£6
	11.00 – 12.00	Quiz	Cafe	£2
	2.00 – 3.00	Boccia or Indoor Bowls (not on the 15 th)	Lounge	£2
	2.00 – 3.30	Drawn to Art Portraits/Still Life with Stjohn	Cafe	£3
	2.00- 3.30	Scrabble	Cafe	Free
15th Jan	2.30 - 3.15	Piano Sing-a-long with Priscilla	Lounge	£2
	3.15 – 4.30	Play Reading (not on the 29th)	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>	10.00 – 11.00	'Playreading With Attitude' Starts 16th	Lounge	£2
9th Jan	11.00 – 12.00	'New' Silent Disco	Lounge	
	11.15 - 12.15	'New' Hop Singers (not on the 9th)	Lounge	£3
	11.15 – 12.15	Mindful Yoga	Church Room	£6
30th Jan	1.00 – 2.00	Winter Warmth	Lounge	Free
Restarts 23rd Jan	1.30- 3.00	Line Dancing	All Saints Church Hove	£6.50
9th Jan	1.30-3.30	Stanmer Park – Health Walk Book in the Office	MiniBus	£5
	2.00 - 3.00	Bingo (One of the prizes includes a Hop 50+ Meal)	Lounge	£3.50

TUESDAYS				
Starts 9th & 23rd	3.15 – 4.15	'New' Creative Writing (Fortnightly)	Lounge	£2
16th & 30th	3.15 – 4.15	Parlez-vous Francais (Fortnightly)	Lounge	£2
WEDNESDAY				
Only 3 rd January	10.30 – 12.00	LGBT Social Meet Up –	Modelo Lounge, Church Road, Hove	
Every Week	1.30 – 2.30	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 (Last one 10th January)	Lounge	£6
THURSDAYS				
11th & 25th	10.00 – 11.00	Gardening		Free
Every week	10.30 - 11.00 	'NEW' Strength & Flexibility Exercises & Workout - BHF	Lounge	£2
4th & 18th	11.00 – 12.00	'New' Visualise Your Happy New Year	Lounge	£3
11th	11.00 – 12.00	Getting to Know You	Lounge	£2
25th	11.00 – 12.00	Music Quiz	Lounge	£2
25 th	11.30 – 12.30	Church Service	Church	
Every week	2.00 - 3.00	Knit and Natter	Café	Free
	2.00 – 3.00	Indoor Bowls	Lounge	£2

<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 'Winter Club' (See information on attached sheet)		£5
<u>SATURDAY</u>	9.30 – 11.00	Table Tennis	Lounge	£1.50
6th Jan	11.00 - 12.30	OPEN MIC POETRY (Share your favourite poetry, either self authored or by another poet. Participants and listeners welcome.)	Lounge	£1
13th Jan	11.00 – 12.30	THE OPEN MIC BIG BUSK (Bring along your musical instruments and share your musical skills with us. Come listen or play)	Lounge	
20th Jan	11.00-12.00	'LIFE IN BLOOM' A warm hearted look at modern family life with Violet Bloom. <u>Stories, laughter and song!</u>	Lounge	
27th Jan	11.15 – 12.15	BOOK CLUB DISCUSSION	Lounge	£1
27th Jan	10.30 – 12.30	SCRABBLE TOURNAMENT (Last Saturday in every month)	CAFE	£1
Every week	1.30 - 2.30	'NEW' QIGONG is a form of exercise that includes healing posture, movement, self-massage and breathing techniques	Lounge	£6
Every week	2.45 – 3.45	'Sing like No One is Listening'	Lounge	£2
<u>SUNDAY</u>	Served at 12.30pm	SUNDAY ROAST (includes complimentary glass of wine)	Café	£8.50



COMMUNITY TRIP LIST FOR JANUARY 2018

<p>Wednesday 3rd</p>	<p style="text-align: center;"><u>'New' Black Swan</u> <u>Pease Pottage</u></p> <p>The Black Swan is a pub restaurant situated in Crawley, on the edge of the High Weald Area of Outstanding Natural Beauty. Owned by family brewers, Hall & Woodhouse, this friendly country pub extends a warm welcome and delicious traditional pub food.</p>	<p>11am</p>	<p>£15.00</p>
<p>Monday 8th</p>	<p style="text-align: center;"><u>Ditchling Garden Centre</u> <u>(January sale on)</u></p> <p>Is a well established and popular garden centre based in Ditchling, Sussex providing the local area with all of its gardening needs. While offering a huge range of indoor/outdoor plants, flowers, seeds and bulbs, gifts, homeware and a lovely restaurant to relax in after shopping for something to eat.</p>	<p>11am</p>	<p>£15.00</p>
<p>Wednesday 10th</p>	<p style="text-align: center;"><u>North Star</u></p> <p>Visit The North Star in Worthing for authentic British cooking in a genuine local pub warmed by a cosy fire. Choose the set menu 1 course £5.29, 2 courses £7.29, 3 courses £9.29, or choose from main menu</p>	<p>11am</p>	<p>£15.00</p>

<p>Monday 15th</p>	<p style="text-align: center;"><u>Chichester Day Trip</u></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>	<p><u>10am</u></p>	<p>£15.00</p>
<p>Monday 29th</p>	<p style="text-align: center;"><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>11am</p>	<p>£15.00</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 9.30am -1.00am Reflexology 10.30 am – 3.30 pm</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, Facials & Indian Head Massage 10.00am – 12.00am</p>
<p>SATURDAYS</p>	<p>Manicures, Pedicures, Swedish Massage, Facials & 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 January we will run the following activities:

- Ways to well-being sessions including Positive News and Collecting Smiles
- IGNITE - an art discussion group that sparks the mind
- "The All Stars Club", a fun and creative improvisation group
- 'Winter Club' nature connection and sensory activities

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.

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

Closes at 3 pm on Sunday

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, 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 *BACON*
l Full English *Salad*
a CHOICE
x SAUSAGE
Anytime

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SATURDAY'S



Health Promotions and Events -

JANUARY 2018

Monday 8th January 1pm	Oral Health Team
Tuesday 30th January 1 pm	Winter Warmth
NEW YEAR CLOSING	MONDAY 1ST JANUARY 2018

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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