



The Hop50+

FEBRUARY 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
Thursday 1 st Feb	10.30 – 11.00	'New' Strength & Flexibility Exercise & Workout 	Lounge	£2
	10.30 – 11.30	Keep Calm and Crochet	Café	Free
	11.00 - 12.30	Aromatherapy Workshop	Lounge	£4
	2.00 – 3.15 2.00 – 3.00	Knit and Natter Indoor Bowls	Café Lounge	Free £2
Friday 2 nd Feb Hop Stop Dementia Friendly Day	10.30 – 12.30	Morning Session (See information inside programme)	Café/Lounge	£5
	1.30 – 3.30	Afternoon Session (See information inside programme)	Café/Lounge	£5
Saturday 3 rd Feb	9.30 – 11.00	Table Tennis	Lounge	£1.50
	11.00 – 12.00	Open Mic Poetry	Lounge	£1
	12.15-1.15	Boccia	Lounge	£2
	1.30 – 2.30	QiGong	Lounge	£6
	2.45 – 4.00	'Sing Like No One is Listening'	Lounge	£2
Sunday 4 th Feb	12.30	SUNDAY ROAST (includes complimentary glass of wine)	Cafe	£8.50
Monday 5 th Feb	10.30 – 11.00	'New' Strength & Flexibility Exercise & Workout 	Lounge	£2
	11.00 – 12.00	Quiz	Café	£2
	11.30 – 12.30	'New' Desert Island Discs	Lounge	£2
	2.00 – 3.15	Drawn to Art (Portraits/Still Life with StJohn)	Café	£3
	2.00 – 3.00	Boccia	Lounge	£2
	2.00 – 3.00	Scrabble	Café	Free
	3.15 – 4.30	Play Reading	Lounge	£3
	2.45 – 3.30	Chair Yoga	Cornerstone	£5
	3.40 – 4.40	Yoga	Cornerstone	£6

Date	Time	Activity/Event	Where	Cost
Tuesday 6 th Feb	10.00 – 11.00	'Playreading with Attitude	Lounge	£2
	11.15 – 12.15	Hop Singers	Lounge	£3
	11.15 – 12.15	Mindful Yoga	Church Rm	£6
	1.30 – 3.00	Line Dancing	All Saints Church, Hove	£6.50
Tuesday 6 th Feb	2.00 - 3.00	Bingo	Lounge	£3.50
	3.15 – 4.15	'New' Creative Writing	Lounge	£2
Wednesday 7 th Feb	9.30 – 12.00	Table Tennis	Lounge	£1.50
	10.30 – 12.30	LGBT Social Meet Up	Modelo Lounge, Church Road, Hove	
	1.30 – 2.30	Tech Buddy (Please make an appointment)	Café	
	2.00 – 4.00	Art Cafe	Cafe	£10
Thursday 8 th Feb	10.00 – 11.00	Gardening	Garden Lounge	Free
	10.30 – 11.00	'New' Strength & Flexibility Exercise & Workout	Lounge	£2
	10.30 – 11.30	Keep Calm & Crochet	Café	Free
	11.00–12.00	Creative Life Coaching - Ruby	Lounge	£3
	2.00 – 3.15	Knit & Natter	Café	Free
Thursday 8 th Feb	2.00 – 3.00	Indoor Bowls	Lounge	£2
Friday 9 th Feb Hop Stop Dementia Friendly Day	10.30 – 12.30	Morning Session (See information inside programme)	Café/Lounge	£5
	1.30 – 3.30	Afternoon Session (See information inside programme)	Café/Lounge	£5
Saturday 10 th Feb	9.30 – 11.00	Table Tennis	Lounge	£1.50
	11.00 – 12.00	The Big Busk Open Mic	Lounge	£1
	12.15 – 1.15	Boccia	Lounge	£2
	1.30 – 2.30	QiGong	Lounge	£6
	2.45 – 4.00	'Sing Like No One is Listening'	Lounge	£2




Sunday 11th Feb	12.30	SUNDAY ROAST (includes complimentary glass of wine)	Cafe	£8.50
Monday 12th Feb	10.15 – 11.15	Dance to Keep Fit	Lounge	
	11.00 – 12.00	Quiz	Café	£2
	11.30 – 12.30	'New'	Lounge	£
	2.00 – 3.15	Drawn to Art (Portraits/Still Life with StJohn)	Café	£3
	2.00 – 3.00	Boccia	Lounge	£2
	2.00 – 3.00	Scrabble	Café	Free
	3.15 – 4.30	Play Reading	Lounge	£3
	2.45 – 3.30	Chair Yoga	Cornerstone	£5
	3.40 – 4.40	Yoga	Cornerstone	£6
Tuesday 13th Feb	10.00 – 11.00	'Playreading with Attitude	Lounge	£2
	11.15 – 12.15	Hop Singers	Lounge	£3
	11.15 – 12.15	Mindful Yoga	Church Rm	£6
	1.30 – 3.00	Line Dancing	All Saints Church, Hove	£6.50
	1.30 – 4.00	Worthing Seafront Stroll (Please book in Office)	Minibus	£5
	2.00 - 3.00	Bingo	Lounge	£3.50
	3.00 – 4.00	Parlez-vous Francais	Lounge	£2
Wednesday 14th Feb	9.30 – 10.45	Table Tennis	Lounge	£1.50
	11.00-12.00	A New Vision of Ageing: Living Wisely & Consciously	Lounge	Free
	1.30 – 2.30	Tech Buddy (Please make an appointment)	Café	
	2.00 – 4.00	Art Café	Cafe	£10

Thursday 15 th Feb	10.30 – 11.00	'New' Strength & Flexibility Exercise & Workout 	Lounge	£2
	10.30 – 11.30	Keep Calm & Crochet	Café	Free
	11.00 – 12.00	Tax, Care & Toy Boys Talk With Co-op Estate Planning	Lounge	Free
	2.00 – 3.15 2.00 – 3.00	Knit & Natter Indoor Bowls	Café Lounge	Free £2
Friday 16 th Feb Hop Stop Dementia Friendly Day	10.30 – 12.30	Morning Session (See information inside programme)	Café/Lounge	£5
	1.30 – 3.30	Afternoon Session (See information inside programme)	Café/Lounge	£5
Saturday 17 th Feb	9.30 – 11.00	Table Tennis	Lounge	£1.50
	12.00 – 1.00	Boccia	Lounge	£2
	1.30 – 2.30	QiGong	Lounge	£6
	2.45 – 4.00	'Sing Like No One is Listening'	Lounge	£2
Sunday 18 th Feb	12.30	SUNDAY ROAST (includes complimentary glass of wine)	Cafe	£8.50
Monday 19 th Feb	10.30 – 11.00	'New' Strength & Flexibility Exercise & Workout 	Lounge	£2
	11.00 – 12.00	Quiz	Café	£2
	11.30 – 12.30	'New' Desert Island Discs	Lounge	£2
	2.00 – 3.15	Drawn to Art (Portraits/Still Life with StJohn)	Café	£3
	2.00 – 3.00	Boccia	Lounge	£2
	2.00 – 3.00	Scrabble	Café	Free
	3.15 – 4.30	Play Reading	Lounge	£3
	2.45 – 3.30	Chair Yoga	Cornerstone	£5
	3.40 – 4.40	Yoga	Cornerstone	£6

Tuesday 20 th Feb	10.00 – 11.00	'Playreading with Attitude	Lounge	£2
	11.15 – 12.15	Hop Singers	Lounge	£3
	11.15 – 12.15	Mindful Yoga	Church Rm	£6
	1.30 – 3.00	Line Dancing	All Saints Church, Hove	£6.50
	2.00 - 3.00	Bingo	Lounge	£3.50
	3.15 – 4.15	'New' Creative Writing	Lounge	£2
Wednesday 21 st Feb	9.30 – 12.00	Table Tennis	Lounge	£1.50
	1.30 – 2.30	Tech Buddy (Please make an appointment)	Café	
	2.00 – 4.00	Art Café	Cafe	£10
Thursday 22 nd Feb	10.00 – 11.00	Gardening	Garden	Free
	10.30 – 11.00	'New' Strength & Flexibility Exercise & Workout	Lounge	£2
	10.30 – 11.30	Keep Calm & Crochet	Café	Free
	11.00 – 12.00	Talk by Relate	Lounge	Free
	2.00 – 3.15	Knit & Natter	Café	Free
	2.00 – 3.00	Indoor Bowls	Lounge	£2
Friday 23 rd Feb Hop Stop Dementia Friendly Day	10.30 – 12.30	Morning Session (See information inside programme)	Café/Lounge	£5
	1.30 – 3.30	Afternoon Session (See information inside programme)	Café/Lounge	£5
Saturday 24 th Feb	9.30 – 11.00	Table Tennis	Lounge	£1.50
	10.30 – 12.00	Scrabble Tournament	Cafe	£1
	11.15 – 12.15	Book Discussion	Lounge	£1
	12.15 – 1.15	Boccia	Lounge	£2
	1.30 – 2.30	QiGong	Lounge	£6
	2.45 – 4.00	'Sing Like No One is Listening'	Lounge	£2
Sunday 25 th Feb	12.30	SUNDAY ROAST (includes complimentary glass of wine)	Cafe	£8.50



Monday 26th Feb	10.30 – 11.00	'New' Strength & Flexibility Exercise & Workout		Lounge	£2
	11.00 – 12.00	Quiz		Café	£2
	11.30 – 12.30	'New' Desert Island Discs		Lounge	£2
	2.00 – 3.15	Drawn to Art (Portraits/Still Life with StJohn)		Café	£3
	2.00 – 3.00	Boccia		Lounge	£2
	2.00 – 3.00	Scrabble		Café	Free
	3.15 – 4.30	'Christmas in St Petersburg' Talk by Katie Grey		Lounge	Free
2.45 – 3.30	Chair Yoga		Cornerstone	£5	
3.40 – 4.40	Yoga		Cornerstone	£6	
Tuesday 27th Feb	10.00 – 11.00	'Playreading with Attitude		Lounge	£2
	11.15 – 12.15	Hop Singers		Lounge	£3
	11.15 – 12.15	Mindful Yoga		Church Rm	£6
	1.30 – 3.00	Line Dancing		All Saints Church, Hove	£6.50
	2.00 - 3.00	Bingo		Lounge	£3.50
3.00 – 4.00	Parlez-vous Francais		Lounge	£2	
Wednesday 28th Feb	9.30 – 12.00	Table Tennis		Lounge	£1.50
	1.30 – 2.30	Tech Buddy (Please make an appointment)		Café	
	2.00 – 4.00	Art Café		Cafe	£10



COMMUNITY TRIP LIST FOR FEBRUARY 2018

<p>Monday 5th</p>	<p><u>The Bolney Stage – Bolney Village</u></p> <p>Located in the pretty village of Bolney, the centuries-old Bolney Stage just oozes character, with huge inglenook fireplaces, ancient flagstones, crooked beams aplenty and comfortable old furniture. You'll find a warm welcome, good honest food and an unpretentious, chatty atmosphere.</p>	<p>11am</p>	<p>£15.00</p>
<p>Wednesday 7th</p>	<p><u>Wickwoods Country Club-Albourne</u> <u>The Glass House Restaurant</u></p> <p>Located at Wickwoods is an award winning restaurant called The Glass House. The menus offer a wide variety of dishes with something to delight everyone's taste</p> <p>The Lunch menu is 2 courses for £14.95, 3 courses for £18.95. You can select the A La Carte menu if you wish. The views over the landscaped and wooded grounds are a delight.</p>	<p>11am</p>	<p>£15.00</p>
<p>Monday 12th</p>	<p><u>Swallows Return – Worthing</u></p> <p>A country pub oozing with rural charm and a rustic character, their picturesque surroundings provide the perfect backdrop for savouring the hearty, seasonal pub food on their menu.</p>	<p>11am</p>	<p>£15.00</p>
<p>Wednesday 21st</p>	<p><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>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><u>11am</u></p>	<p>£15.00</p>

<p>Monday 26th</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. £7.25 Main Course</p> <p>*Priority given to members who couldn't come on the January trip!</p>	<p>11am</p>	<p>£15.00</p>
<p>Wednesday 28th</p>	<p style="text-align: center;"><u>The Greenman - Ringmer</u></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! 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>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 1.30 pm – 4.30 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 Reflexology 10 am – 1 pm</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 February 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.

Special Event – Silent Disco on Friday 9th February at 11 am

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



Health Promotions and Events

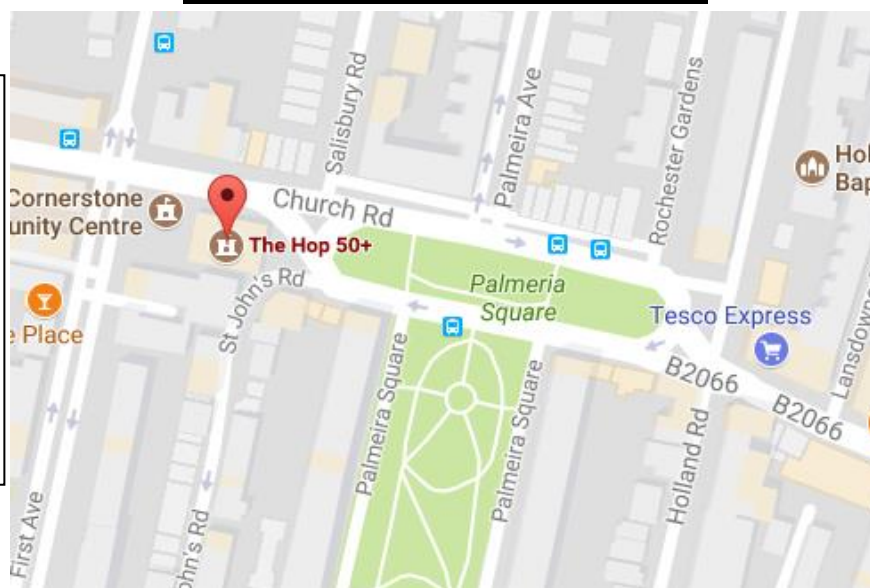
FEBRUARY 2018

All Month Heart Health Month Make a small change towards a healthier lifestyle	Check out our Keep Fit and Healthy Classes (Colour purple in the programme) Be More Active, Eat Well
Thursday 1st February Over Lunch	Time To Talk – Time to Change Mental Health can be discussed anywhere
Thursday 1st February 11 am – 12.30	Aromatherapy Workshop - £4 Learn a basic massage & make your own oil blend.
Wednesday 14th February 11 am – 12.00	A New Vision of Ageing: Living Wisely & Consciously
Thursday 15th February 11am	Tax, Care & Toy Boys With Co-op Estate Planning
Thursday 22nd February 11am	Come and find out about Relate
Monday 26th February 3.15 pm	‘Christmas in St Petersburg’ Talk by Katie Grey

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



The Hop50+ and Café is 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