



# The Hop50+

## MARCH 2018



### 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 Friday**

**9.30 am – 3 pm Saturday & 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 MARCH 2018**  
**KEEP FIT AND HEALTHY - CLASSES IN PURPLE**  
**SPECIAL EVENTS – BLUE**

Day of the Week/Date	Times	Class/Activity	Where	Cost
Thursday 1 <sup>st</sup>	10.30 – 11.00	<b>'New'</b> Strength & Flexibility Exercise & Workout 	Lounge	£2
	10.30 – 11.30 11.30 - 12.30	Keep Calm and Crochet Music Quiz	Café Lounge	Free £2
	2.00 – 3.15 2.00 – 3.00	Knit and Natter Indoor Bowls	Café Lounge	Free £2
Friday 2 <sup>nd</sup> 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 <sup>rd</sup>	9.30 – 11.00	Table Tennis	Lounge	£1.50
	11.00 – 12.00	Open Mic Poetry	Lounge	£1
	12.15-1.00	World Hearing Day Learn the Alphabet in BSL	Lounge	Free
	1.30 – 2.30	QiGong	Lounge	£6
	2.45 – 4.00	'Sing Like No One is Listening'	Lounge	£2
Sunday 4 <sup>th</sup>	12.30	SUNDAY ROAST (includes complimentary glass of wine)	Cafe	£8.50
Monday 5 <sup>th</sup>	11.00 – 12.00	<b>'New'</b> Tech Buddy (Please make an appointment)	Cafe	
	11.00 – 12.00	Quiz	Café	£2
	11.30 – 12.30	<b>'New'</b> 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 – 3.30	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 <sup>th</sup>	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
	1.15 – 1.45	Health Trainers Talk	Lounge	Free
	1.30 – 3.00	Line Dancing	All Saints Church, Hove	£6.50
	2.00 - 3.00	Bingo	Lounge	£3.50
	3.15 – 4.15	'Lets Talk' National Conversation Week	Lounge	
Wednesday 7 <sup>th</sup>	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 <sup>th</sup>	10.00 – 11.00	Gardening	Garden Lounge	Free
	10.30 – 11.00	'New' Strength & Flexibility Exercise & Workout		£2
	10.30 – 11.30	Keep Calm & Crochet	Café	Free
	11.00–12.00	Creative Life Coaching - Ruby	Lounge	£6
	2.00 – 3.15	Knit & Natter	Café	Free
	2.00 – 3.00	Silent Disco International Women's Day All welcome	Lounge	£2
Friday 9 <sup>th</sup> 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




<b>Saturday 10<sup>th</sup></b>	10.00 – 11.00 11.15 – 12.15 1.45 – 2.45	<b>Please note new times</b> QiGong Boccia 'Sing Like No One is Listening'	Lounge Lounge Lounge	£6 £2 £2
<b>Sunday 11<sup>th</sup></b>	12.30	<b>SUNDAY ROAST</b> (includes complimentary glass of wine)	Cafe	£8.50
<b>Monday 12<sup>th</sup></b>	11.00 – 12.00  11.00 – 12.00 11.30 – 12.30 2.00 – 3.15  2.00 – 3.00 2.00 – 3.30 3.15 – 4.30 2.45 – 3.30 3.40 – 4.40	'New' Tech Buddy (Please make an appointment)  Quiz 'New' Desert Island Discs Drawn to Art (Portraits/Still Life with StJohn) Boccia Scrabble Play Reading Chair Yoga Yoga	Cafe  Café Lounge Café  Lounge Café Lounge Cornerstone Cornerstone	  £2 £2 £3  £2 Free £3 £5 £6
<b>Tuesday 13<sup>th</sup></b>	10.00 – 11.00 11.15 – 12.15 11.15 – 12.15  1.30 – 3.00  1.30 – 4.00 2.00 - 3.00 3.15 – 4.00	'Playreading with Attitude Hop Singers Mindful Yoga  Line Dancing  Worthing Seafront Stroll (Please book in Office) Bingo Wii Games	Lounge Lounge Church Rm  All Saints Church, Hove  Minibus  Lounge Lounge	£2 £3 £6  £6.50  £5  £3.50 £1
<b>Wednesday 14<sup>th</sup></b>	9.30 – 10.45  1.30 – 2.30  2.00 – 4.00	Table Tennis  Tech Buddy (Please make an appointment)  Art Café	Lounge  Café  Cafe	£1.50    £10

Thursday 15 <sup>th</sup>	10.00 – 11.00	Gardening		Garden Lounge	Free
	10.30 – 11.00	<b>'New' Strength &amp; Flexibility Exercise &amp; Workout</b>		£2	
	10.30 – 11.30	Keep Calm & Crochet		Café Lounge	Free
	11.30 – 12.30	Active for Life – Talk Benefits of Being Physically Active		Free	
	2.00 – 3.15	Knit & Natter	Café Lounge	Free	
	2.00 – 3.00	Indoor Bowls	£2		
Friday 16 <sup>th</sup> 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 <sup>th</sup>		<b>Please note new times</b>			
	10.00 – 11.00	QiGong	Lounge	£6	
	11.15 – 12.15	Boccia	Lounge	£2	
	1.45 – 2.45	'Sing Like No One is Listening'	Lounge	£2	
Sunday 18 <sup>th</sup>	12.30	SUNDAY ROAST (includes complimentary glass of wine)	Cafe	£8.50	
Monday 19 <sup>th</sup>	11.00 – 12.00	<b>'New' Tech Buddy</b> (Please make an appointment)	Cafe		
	11.00 – 12.00	Quiz	Café	£2	
	11.30 – 12.30	<b>'New' Desert Island Discs</b>	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 <sup>th</sup>	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	‘Dance Like No One is Watching’	Lounge	£2
Wednesday 21 <sup>st</sup>	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 <sup>nd</sup>	10.00 – 11.00	Gardening	Garden Lounge	Free
	10.30 – 11.00	‘New’ Strength & Flexibility Exercise & Workout		£2
	10.30 – 11.30	Keep Calm & Crochet	Café	Free
	11.15 – 12.15	The Big Fat Table Quiz	Cafe	£2
	2.00 – 3.15	Knit & Natter	Café	Free
	2.00 – 3.00	Indoor Bowls	Lounge	£2
Friday 23 <sup>rd</sup> 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 <sup>th</sup>		<b>Please note new times</b>		
	10.00 – 11.00	QiGong	Lounge	£6
	11.15 – 12.15	Boccia	Lounge	£2
	1.45 – 2.45	‘Sing Like No One is Listening’	Lounge	£2
Sunday 25 <sup>th</sup>	12.30	SUNDAY ROAST (includes complimentary glass of wine)	Cafe	£8.50



<b>Monday</b> 26 <sup>th</sup>		<b>CLOSED</b>		
<b>Tuesday</b> 27 <sup>th</sup>	10.00 – 11.00 11.15 – 12.15 11.15 – 12.15  1.30 – 3.00  2.00 - 3.00 3.15 – 4.00	'Playreading with Attitude Hop Singers Mindful Yoga  Line Dancing  Bingo Wii Games	Lounge Lounge Church Rm  All Saints Church, Hove  Lounge Lounge	£2 £3 £6  £6.50  £3.50 £1
<b>Wednesday</b> 28 <sup>th</sup>	9.30 – 12.00  1.30 – 2.30  2.00 – 4.00	Table Tennis  Tech Buddy (Please make an appointment)  Art Café	Lounge  Café  Cafe	£1.50   £10
<b>Thursday</b> 29 <sup>th</sup>	10.00 – 11.00 10.30 – 11.00  10.30 – 11.30 11.15 – 12.15  2.00 – 3.15 2.00 – 3.00	Gardening 'New' Strength & Flexibility Exercise & Workout  Keep Calm & Crochet Spring Tonic – Herbs for Vitality Knit & Natter Indoor Bowls	Garden Lounge  Café Lounge  Café Lounge	Free £2  Free £2  Free £2
<b>Friday</b> 30 <sup>th</sup> Hop Stop Dementia Friendly Day	10.30 – 12.30  1.30 – 3.30	Morning Session (See information inside programme)  Afternoon Session (See information inside programme)	Café/Lounge  Café/Lounge	£5  £5
<b>Saturday</b> 31 <sup>st</sup>	10.00 – 11.00 10.30 – 12.00 11.15 – 12.15 2.00 – 4.00	<b>Please note new times</b> QiGong Scrabble Tournament Book Discussion 'The SHELTERS' playing 60s, 70s, for dancing, singing or just listening	Lounge Café Lounge Lounge	£6 £1 £1





## COMMUNITY TRIP LIST FOR MARCH 2018

<p><b>Wednesday 7th</b></p>	<p><b><u>The Thatched Inn - Hassocks</u></b></p> <p>Nestling at the foot of the South Downs, The Thatched Inn, with its picturesque roof of Norfolk reeds and oak beams, has spectacular views over the Sussex countryside to the Ditchling Beacon. The Thatched Inn pride themselves in offering the best hospitality.</p>	<p><b>11am</b></p>	<p><b>£15.00</b></p>
<p><b>Monday 12th</b></p>	<p><b><u>Highdown Gardens – Worthing</u></b> <b><u>Carvery/Tearooms</u></b> <b><u>Spring Flowers</u></b></p> <p>Highdown Garden's is a hidden gem nestled on the South Downs situated between Ferring and Goring.</p> <p>The 8.5 acres of Gardens were created out of an old chalk pit overlooking the South Downs, where there was little soil and very unfavourable conditions for plant growth.</p> <p>The Gardens looks their best in spring and early summer when there is a colourful succession of spring bulbs such as Crocus, Daffodils, Anemones and Snowdrops followed by Paeonies and Bearded Iris.</p> <p>When you're ready for lunch, you can choose either a carvery or the tea room, or bring your own lunch to eat in the amazing gardens, you decide 😊</p>	<p><b>11am</b></p>	<p><b>£15.00</b></p>



<p><b>Monday 19th</b></p>	<p style="text-align: center;"><b><u>The Moorings Restaurant</u> <u>Pevensey Bay</u></b></p> <p>The Moorings Restaurant are a traditional English restaurant located on the beach in Pevensey. They offer a varied selection of fish dishes, together with a selection of steaks and popular dishes such as roasts, puddings and more.</p> <p>Renowned for their 3 course for £10 menu, which has an amazing choice of at least 6 starters and desserts and 10 main course selections.</p>	<p><b>11am</b></p>	<p><b>£15.00</b></p>
<p><b>Wednesday 21st</b></p>	<p style="text-align: center;"><b><u>Old Barn Nursery</u> <u>Horsham</u></b></p> <p>The Old Barn prides itself on selling top quality plants (many of which are grown at the nursery), almost every garden related accessory imaginable and a huge array of other products.</p> <p>The Garden Kitchen Cafe offers an over 60s lunch menu - A dish from our café lunch menu (excluding soup and sandwich meal deal) + a traybake, scone or slice of cake + a pot of tea or regular coffee - £6.50</p>	<p><b><u>11am</u></b></p>	<p><b>£15.00</b></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><b>MONDAYS</b></p>	<p><b>Alexander Technique Ayurvedic Massage Therapies Ayurvedic Herb or Diet Consultation 9.30am -1.00am Aromatherapy Massage &amp; Reflexology 1.30 pm – 4.30 pm</b></p>
<p><b>TUESDAYS</b></p>	<p><b>Seated Massage Full Body Massage Aromatherapy Massage Reiki, Tarot Indian Head Massage, Thai Foot Massage, Face Massage 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 Aromatherapy Massage &amp; Reflexology 10 am – 1 pm</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 currently not available every week 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 March 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
- 'Spring 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 Saturday & Sunday**

**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



# Health Promotions and Events

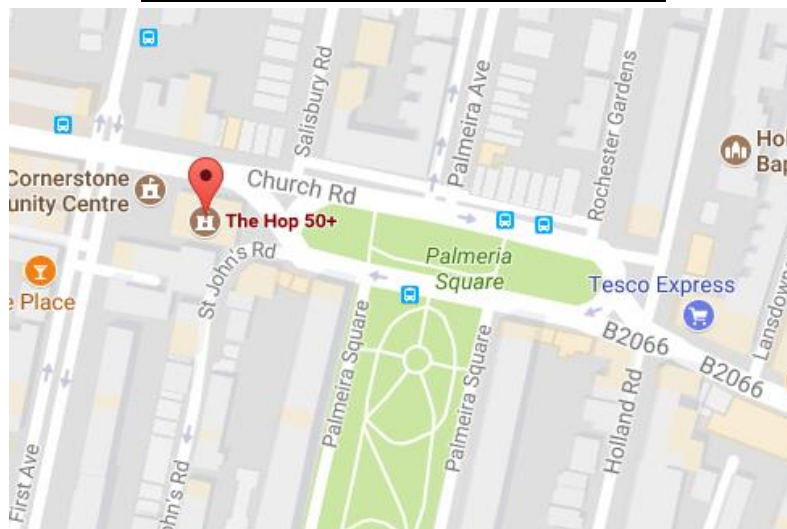
## MARCH 2018

<b>All Month Information</b>	<b>'Be Clear on Cancer'</b> <b>Breast cancer awareness for women over 70</b>
<b>All Month - Information</b>	<b>Deep Venous Thrombosis Awareness</b>
<b>Saturday 3<sup>rd</sup> March</b> <b>12.15 pm – 1 pm</b>	<b>World Hearing Day</b> <b>Come and Learn the Alphabet in British Sign Language</b>
<b>Tuesday 6<sup>th</sup> March</b> <b>1.15 pm – 1.45 pm</b>	<b>Health Trainers Talk</b>
<b>Tuesday 6<sup>th</sup> March</b> <b>3.15 pm – 4.15 pm</b>	<b>National Conversation Week</b> <b>'Let's Talk'</b>
<b>Thursday 8<sup>th</sup> March</b> <b>2 pm – 3 pm</b>	<b>International Women's Day</b> <b>Silent Disco – All welcome</b>
<b>Thursday 15<sup>th</sup> March</b> <b>11.30 am</b>	<b>Active for Life – Talk</b> <b>'Benefits of Being Physically Active'</b>
<b>Tuesday 20<sup>th</sup> March</b> <b>3.15 pm – 4.15 pm</b>	<b>International Day of Happiness</b> <b>'Action for Happiness'</b> <b>'Come and Dance Like No One is Watching'</b>
<b>Saturday 31<sup>st</sup> March</b> <b>2 pm – 4 pm</b>	<b>'The Shelters' playing 60s, 70s for dancing, singing or just listening to</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 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](http://www.impact-initiatives.org.uk)