



The Hop50+

APRIL 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

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 APRIL 2018
KEEP FIT AND HEALTHY - CLASSES IN PURPLE
SPECIAL EVENTS – BLUE

Day of the Week/Date	Times	Class/Activity	Where	Cost
Sunday 1st	12.30	SUNDAY ROAST (includes complimentary glass of wine)	Café	£8.50
	1.30	Musical Bingo	Café/Lounge	£3.50
Monday 2nd CLOSED		CLOSED		
Tuesday 3rd	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	‘Let’s Talk’	Lounge	£1
Wednesday 4th	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

Date	Time	Activity/Event	Where	Cost
Thursday 5th	10.00 – 11.00	Gardening	Garden	Free
	10.30 – 11.00	Strength & Flexibility Exercise & Workout	Lounge	£2
	10.00 – 11.00 11.30–12.30	Keep Calm & Crochet 'Come and Meet Mario' Ask him about Italy, come and practise your Italian)	Café Lounge	Free Free
	2.00 – 3.15 2.00 – 3.00	Knit & Natter Boccia	Café Lounge	Free £2
Friday 6th 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 7th	10.00 – 11.00	Please note new times QiGong	Lounge	£6
	11.15 – 12.15	Boccia	Lounge	£2
	1.45 – 2.45	'Sing Like No One is Listening'	Lounge	£2
Sunday 8th	12.30	SUNDAY ROAST (includes complimentary glass of wine)	Café	£8.50
	1.30	Musical Bingo	Café/Lounge	£3.50

Monday 9th	11.00 – 12.00	'New' Tech Buddy (Please make an appointment)	Cafe	
	10.30 – 11.30	Café Quiz	Café	£2
	11.30 – 12.30	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
Tuesday 10th	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	Stroll around Lewes (Please book in Office)	Minibus	£5
	2.00 - 3.00	Bingo	Lounge	£3.50
	3.15 – 4.00	WII Games	Lounge	£1
Wednesday 11th	9.30 – 10.45	Table Tennis	Lounge	£1.50
	1.30 – 2.30	Tech Buddy (Please make an appointment)	Café	
	2.00 – 4.00	Art Café	Cafe	£10

Date	Time	Activity/Event	Where	Cost
Thursday 12th	10.00 – 11.00	Gardening	Garden	Free
	10.30 – 11.00	Strength & Flexibility Exercise & Workout	Lounge	£2
	10.00 – 11.00	Keep Calm & Crochet	Café	Free
	11.30 – 12.30	Creative Life Coaching	Lounge	£6
	2.00 – 3.15	Knit & Natter	Café	Free
	2.00 – 3.00	Indoor Bowls	Lounge	£2
Friday 13th 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 14th	10.00 – 11.00	Please note new times QiGong	Lounge	£6
	11.15 – 12.15	Boccia	Lounge	£2
	1.45 – 2.45	'Sing Like No One is Listening'	Lounge	£2
Sunday 15th	12.30	SUNDAY ROAST (includes complimentary glass of wine)	Café	£8.50
	1.30	Musical Bingo	Café/Lounge	£3.50
Monday 16th	11.00 – 12.00	'New' Tech Buddy (Please make an appointment)	Cafe	
	10.30 – 11.30	Café Quiz	Café	£2
	11.30 – 12.30	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 17th	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 3.15 – 4.00	Bingo Will Games	Lounge Lounge	£3.50 £1
Wednesday 18th	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	Café	£10
Thursday 19th	10.00 – 11.00	Gardening	Garden	Free
	10.30 – 11.00	Strength & Flexibility Exercise & Workout	Lounge	£2
	10.00 – 11.00	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	New Age Kurling	Lounge	£2
Friday 20th 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

Date	Time	Activity/Event	Where	Cost
Saturday 21st	10.00 – 11.00	Please note new times QiGong	Lounge	£6
	11.15 – 12.15	Boccia	Lounge	£2
	1.45 – 2.45	‘Sing Like No One is Listening’	Lounge	£2
Sunday 22nd	12.30	SUNDAY ROAST (includes complimentary glass of wine)	Café	£8.50
	1.30	Musical Bingo	Café/Lounge	£3.50
Monday 23rd	11.00 – 12.00	‘New’ Tech Buddy (Please make an appointment)	Cafe	
	11.30 – 12.30	‘New’ Music Quiz	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 3.40 – 4.40	Chair Yoga Yoga	Cornerstone Cornerstone	£5 £6
Tuesday 24th	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 3.15 – 4.00	Bingo Wii Games	Lounge Lounge	£3.50 £1

Date	Time	Activity/Event	Where	Cost
Wednesday 25th	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 26th	10.00 – 11.00	Gardening	Garden	Free
	10.30 – 11.00	Strength & Flexibility Exercise & Workout	Lounge	£2
	10.00 – 11.00	Keep Calm & Crochet	Café	Free
	11.30 – 12.30	‘Dance Like No One is Watching’	Lounge	£2
	11.30 - 12.15	Church Service	Church	Free
	2.00 – 3.15	Knit & Natter	Café	Free
	2.00 – 3.00	Indoor Bowls	Lounge	£2
Friday 27th 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 28th	10.00 – 11.00	Please note new times QiGong	Lounge	£6
	10.30 – 12.00	Scrabble Tournament	Café	£1
	11.15 – 12.15	Book Discussion	Lounge	£1
	1.45 – 2.45	‘Sing Like No One is Listening’	Lounge	£2
Sunday 29th	12.30	SUNDAY ROAST (includes complimentary glass of wine)	Café	£8.50
	1.30	Musical Bingo	Café/Lounge	£3.50

Monday 30th	11.00 – 12.00 11.30 – 12.30 2.00 – 3.15 2.00 – 3.00 2.00 – 3.00 3.15 – 4.30 2.45 – 3.30 3.40 – 4.40	'New' Tech Buddy (Please make an appointment) 'Let's Get Jazzy' Drawn to Art (Portraits/Still Life with StJohn) Boccia Scrabble Play Reading Chair Yoga Yoga	Cafe Lounge Café Lounge Café Lounge Cornerstone Cornerstone	 £2 £3 £2 Free £3 £5 £6
		<u>*All activities and events are held at the Hop50+ unless otherwise stated *</u>		
		<u>Please be aware that on occasions the programme can be subject to change</u>		



COMMUNITY TRIP LIST FOR APRIL 2018

<p>Wednesday 4th</p>	<p 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>
<p>Monday 9th</p>	<p align="center"><u>The Berwick Inn</u></p> <p>The Berwick Inn have developed a menu that brings you the best of Sussex ingredients. With pub classics, contemporary country food and superb veggie dishes they have something for everyone. Come and join Val, on the trip to the Inn which is right next to Berwick train station.</p>	<p>11am</p>	<p>£15.00</p>
<p>Wednesday 11th</p>	<p align="center"><u>Sheffield Park - Leaves at 10 am</u> National Trust Members & Royal Horticultural Society free Otherwise Entry is £11.90</p> <p>Acres of landscape garden bordered by historic parkland and woodland. Spring means colour at Sheffield Park and Garden, East Sussex, where dramatic views are around every bend and scent fills hidden glades. Our historic parkland dates back several centuries and has had many uses including as a deer park and a Second World War camp. It is now grazed with livestock and is home to our wildlife haven. Whether you're after a hearty lunch or a light bite, there's always something fresh and inviting on the menu in the Coach House tea Room.</p>	<p><u>10am</u></p>	<p>£15.00</p>
<p>Monday 23rd</p>	<p align="center"><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 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>Wednesday 25th</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>Monday 30th</p>	<p><u>Hastings Day Trip - Leaves at 10 am</u></p> <p>Hastings is a town on our southeast coast. It's known for the 1066 battle of Hastings, fought on a nearby field where Battle Abbey now stands. The Norman ruins of Hastings Castle, once home to William the Conqueror, overlook the English Channel. East along the shingle seafront of State Beach, Hastings Fishermen's Museum and Shipwreck Museum document maritime history. The Jerwood Gallery shows contemporary art.</p>	<p><u>10am</u></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 Aromatherapy Massage & Reflexology 1.30 pm – 4.30 pm</p>
<p>TUESDAYS</p>	<p>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</p>
<p>WEDNESDAYS</p>	<p>Chiropody 1.15pm -3.30pm Aromatherapy Massage & 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 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 April 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

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

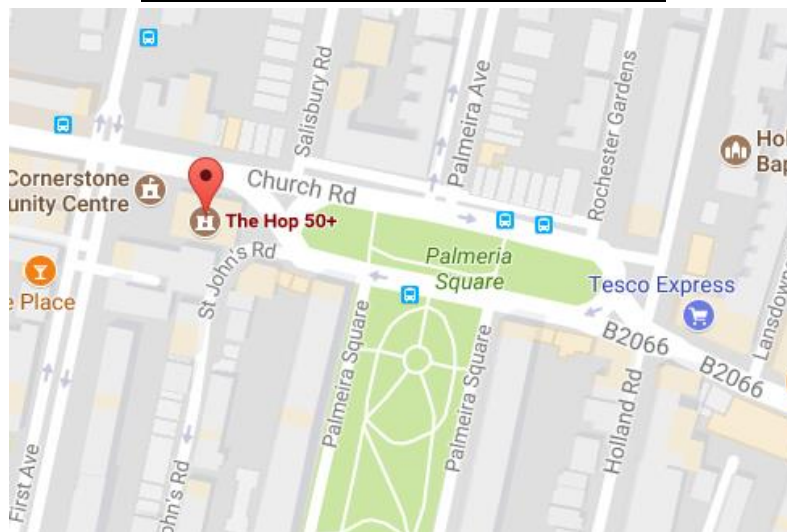
APRIL 2018

All Month	Bowel Cancer Awareness - Information
10th - 16th April	Parkinson's Awareness Week - Information
26th April @ 11.30 am	'On Your Feet Britain' Dance Like No One is Watching
30th April @ 11.30 am	International Jazz Day 'Let's Get Jazzy'

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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