



The Hop50+

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

Day/Date	Times	Class/Activity	Where	Cost
Friday 1 st 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 2 nd	10.30 – 11.00	Strength & Flexibility Exercise	Lounge	£2
	11.00 – 12.00	Poetry Open Mic	Lounge	£1
	1.45 – 3.15	'Play Reading With Attitude Performance with a Cream Tea In aid of Mini Bus Fund	Lounge	£4
Sunday 3 rd	12.30 <u>SUNDAY ROAST</u>	<u>THE BIG LUNCH</u> Invite a friend to lunch with you. An annual get together, sharing good food & good company (includes complimentary glass of wine)	Café	£8.50
Monday 4 th	10.30 – 11.30	Café Quiz	Cafe	£2
	11.00 – 12.00	'New' Tech Buddy (Please make an appointment)	Cafe	
	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 3.40 – 4.40	Chair Yoga Yoga	Cornerstone Cornerstone	£5 £6
Tuesday 5 th	10.00 - 12.00	Tech Buddy	Cafe	
	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
	1.45 – 3.15	Line Dancing	All Saints Church, Hove	£6.50
	2.00 - 3.00 3.15 – 4.15	Bingo Mindfulness with Ruby Please Sign Up in Office	Lounge Lounge	£3.50 £6

Date	Time	Activity/Event	Where	Cost
Wednesday 6th	10.30-12.00	'New' Standing Tall Balance, Strength, Fitness, and Flexibility Contact Ruth 07399 993426	Lounge	£7.50
	2.00 – 4.00	Art Café	Café	£10
Thursday 7th	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	Friends Against Scams Talk	Lounge	Free
	2.00 – 3.15	Knit & Natter	Café	Free
	2.00 – 3.00	'New' Anyone for Tennis With Strawberries & Cream	Lounge	£3
Friday 8th 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 9th	10.30 – 11.00	Strength & Flexibility Exercise	Lounge	£2
	11.15 – 12.15	Boccia	Lounge	£2
	1.45 – 2.45	'Sing Like No One is Listening'	Lounge	£2
Sunday 10th	12.30	SUNDAY ROAST (includes complimentary glass of wine)	Café	£8.50

Day/Date	Time	Activity/Event	Where	Cost
Monday 11th	10.30 – 11.30	Café Quiz	Cafe	£2
	11.00 – 12.00	'New' Tech Buddy (Please make an appointment)	Cafe	
	11.30 – 12.30	Desert Island Discs	Lounge	£2
	1.00 – 4.00	Aromatherapy Taster Sessions	Florrie Rm	£5
	2.00 – 3.15	Drawn to Art (Portraits/Still Life with StJohn)	Café	£3
	2.00 – 3.00	Indoor Bowls	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 12th	10.00 – 12.00	Tech Buddy	Cafe	
	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
	1.45 – 3.15	Line Dancing	All Saints Church, Hove	£6.50
	1.30 – 4.00	Rottingdean Undercliff Walk (Please book in Office)	Minibus	£5
	2.00 - 3.00 3.15 – 4.15	Bingo Mindfulness with Ruby Please Sign Up in Office	Lounge Lounge	£3.50 £6
Wednesday 13th	10.30-12.00	'New' Standing Tall Balance, Strength, Fitness, and Flexibility Contact Ruth 07399 993426	Lounge	£7.50
	2.00 – 4.00	Art Café	Cafe	£10
Thursday 14th	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	Creative Life Coaching	Lounge	£6
	2.00 – 3.15	Knit & Natter		
2.00 – 3.00	'New' Anyone for Tennis With Strawberries & Cream	Café Lounge	Free £3	

Friday 15th 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 16th	10.30 – 11.00	Strength & Flexibility Exercise	Lounge	£2
	11.15 – 12.15	Poetry Unpeeled	Lounge	£1
	1.45 – 2.45	‘Sing Like No One is Listening’	Lounge	£2
Sunday 17th	12.30	SUNDAY ROAST (includes complimentary glass of wine)	Café	£8.50
Monday 18th	11.00 – 12.00	‘New’ Tech Buddy (Please make an appointment)	Cafe	
	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 3.40 – 4.40	Chair Yoga Yoga	Cornerstone Cornerstone	£5 £6
Tuesday 19th	10.00 – 12.00	Tech Buddy	Cafe	
	11.15 – 12.15	Mindful Yoga	Church Rm	£6
	1.45 – 3.15	Line Dancing	All Saints Church, Hove	£6.50
	2.00 - 3.00	Bingo	Lounge	£3.50

Wednesday 20th	10.30-12.00	'New' Standing Tall Balance, Strength, Fitness, and Flexibility Contact Ruth 07399 993426	Lounge	£7.50
	2.00 – 4.00	Art Café	Cafe	£10
Thursday 21st	10.00 – 11.00	Gardening	Garden Lounge	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 Croissants/Crumpets, Tea/Coffee served at 11am	Cafe	£2
2.00 – 3.15	Knit & Natter	Café	£1	
	2.00 – 3.00	'New' Anyone for Tennis With Strawberries & Cream	Lounge	Free £3
Friday 22nd 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 23rd	10.30 – 11.00	Strength & Flexibility Exercise	Lounge	£2
	11.15 – 12.15	Boccia	Lounge	£2
	1.45 – 2.45	'Sing Like No One is Listening'	Lounge	£2
Sunday 24 th	12.30	SUNDAY ROAST (includes complimentary glass of wine)	Café	£8.50

Monday 25th	11.00 – 12.00	'New' Tech Buddy (Please make an appointment)	Cafe	
	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	Indoor Bowls	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 26th	10.00 – 12.00	Tech Buddy	Cafe	
	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 – 2.15	Tango For Happiness Taster Session	Lounge	Free
	1.45 – 3.15	Line Dancing	All Saints Church, Hove	£6.50
2.30 - 3.30	Bingo	Lounge	£3.50	
Wednesday 27th	10.30-12.00	'New' Standing Tall Balance, Strength, Fitness, and Flexibility <u>Contact Ruth 07399 993426</u>	Lounge	£7.50
	2.00 – 4.00	Art Café	Cafe	£10
Thursday 28th	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	Room 101 If you had the chance to shelve your worst pet hates, annoyance, irritation what would they be?	Lounge	£2
2.00 – 3.15 2.00 – 3.00	Knit & Natter 'New' Anyone for Tennis With Strawberries & Cream	Café Lounge	Free £3	

Friday 29th 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 30th	10.30 – 11.00	Strength & Flexibility Exercise	Lounge	£2
	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 1 st July	12.30	SUNDAY ROAST (includes complimentary glass of wine)	Café	£8.50
		<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 JUNE 2018

<p>MONDAY 4TH</p>	<p><u>BARLEY MOW</u> - SELMESTON</p> <p>Situated on the A27 in Selmeston, midway between Eastbourne and Brighton, The Barley Mow Freehouse was one of the oldest coaching inns in Sussex. Now a family run pub which offers a very warm welcome, with freshly produced home cooked food. A superb menu with fresh home cooked locally sourced food including pub classics as well as seasonal. The Barley Mow Freehouse is proving to hit the spot for those of you who love a traditional pub with a quirky edge. A large garden makes the summer a special experience too.</p>	<p>11AM</p>	<p>£15</p>
<p>WEDNESDAY 6TH</p>	<p><u>ARUN VIEW</u> - LITTLEHAMPTON</p> <p>The Arun View Inn is situated on the side of the River Arun in Littlehampton. The kitchen prides itself on using freshly prepared, local and seasonal produce served in a relaxed and friendly atmosphere.</p>	<p>11AM</p>	<p>£15</p>
<p>MONDAY 11TH</p>	<p><u>YEW TREE</u> - ARLINGTON</p> <p>For 110 years, nestled in the picturesque village of Arlington stands the Yew Tree Inn. 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>11 AM</p>	<p>£15</p>

<p>SATURDAY 16TH</p>	<p style="text-align: center;">‘NEW’</p> <p style="text-align: center;"><u>MICHELHAM PRIORY - WW2 DAY HOUSE & GARDEN (£8.80 Entrance)</u></p> <p>Step back in time to the 1940s as Michelham Priory pays tribute to the war years with displays, activities and entertainment. Discover the role Michelham played during World War II when it hosted evacuees and visit the display gallery in the main house. Traditional 1940s Music & Entertainment in the Tudor barn. Come and see the many veteran vehicles parked around the grounds and chat with the owners. Artefact handling. Watch out for wartime characters.</p> <p>Then grab a bite to eat in the Michelham Priory cafe is located in the courtyard.</p>	<p style="text-align: center;"><u>10 AM</u></p>	<p style="text-align: center;">£15</p>
<p>Monday 18th</p>	<p style="text-align: center;"><u>NORTH STAR - WORTHING</u></p> <p>Located near to Brighton and Chichester, and close to the A27, Serving up great quality, pub food in warm and welcoming surroundings is a great place to eat, drink, and relax</p> <p style="text-align: center;">Choose from the Set Menu 1 course £5.29, 2 courses £7.29, 3 courses £9.29, or choose from main menu</p>	<p style="text-align: center;">11 AM</p>	<p style="text-align: center;">£15</p>
<p>WEDNESDAY 20TH</p>	<p style="text-align: center;"><u>BOGNOR DAY TRIP</u></p> <p>Bognor Regis a seaside resort can boast the highest recorded number of hours sunshine than anywhere else in Britain.</p> <p>There is a pier, a delightful park – Hotham Park, and a large town centre, as well as plenty of restaurants.</p>	<p style="text-align: center;"><u>10 AM</u></p>	<p style="text-align: center;">£15</p>

<p>MONDAY 25TH</p>	<p><u>THE MOORINGS</u> - PEVENSEY</p> <p>The Moorings Restaurant are a traditional English restaurant located on the beach in Pevensy. 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>11 AM</p>	<p>£15</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</p>
<p>TUESDAYS</p>	<p>Full Body Massage Reiki, Tarot Indian Head Massage, Thai Foot Massage, Face Massage Sports Massage, Deep Tissue Massage, Hot Stone Massage 10am – 1.00pm Aromatherapy Massage Seated Massage 10.00am-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 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 June we will run the following activities:

- IGNITE, creative art discussion
- Music, memories and mementoes, themed reminiscence sessions on interesting themes, such as traditions, fashion and the music of Brighton
- "Allstars", a relaxation and improvisation session
- Nature connection and gardening. We are building a sensory garden!

We also have a lunchtime visit from 'Woody' our lovely greyhound volunteer.

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

JUNE 2018

1st – 7th June	<i>Volunteers Week</i>
Sunday 3rd June @ 12.30 <i>The Big Lunch</i>	<i>Invite a Friend</i> <i>An annual get together sharing good food & good company</i>
Thursday 7th June @11.30 am	<i>Friends Against Scams Talk</i>
Saturday 9th June <i>In support of the British Heart Foundation</i>	<i>Wear Red today</i> <i>Wear It - Beat It</i>
For Aromatherapy Awareness Week Monday 11th June 1pm – 4pm	<i>Aromatherapy Massage</i> <i>Taster Sessions</i> £5 for 15 minutes
11th – 15th June <i>British Nutritional Foundation (BNF)</i>	<i>Health Eating Week – 5 Challenges</i> 1) <i>Have Breakfast</i> 2) <i>Have 5 a day</i> 3) <i>Drink plenty</i> 4) <i>Get Active</i> 5) <i>Try Something New</i>
11th – 17th June <i>Men’s Health Week</i>	The focus for Men’s Health Week being on diabetes.
Saturday 16th June @ 11.15 am	<i>Poetry Unpeeled</i>
Tuesday 26th June @ 1.15 pm – 2.15 pm	<i>Tango for Happiness</i> <i>Taster Session</i>

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