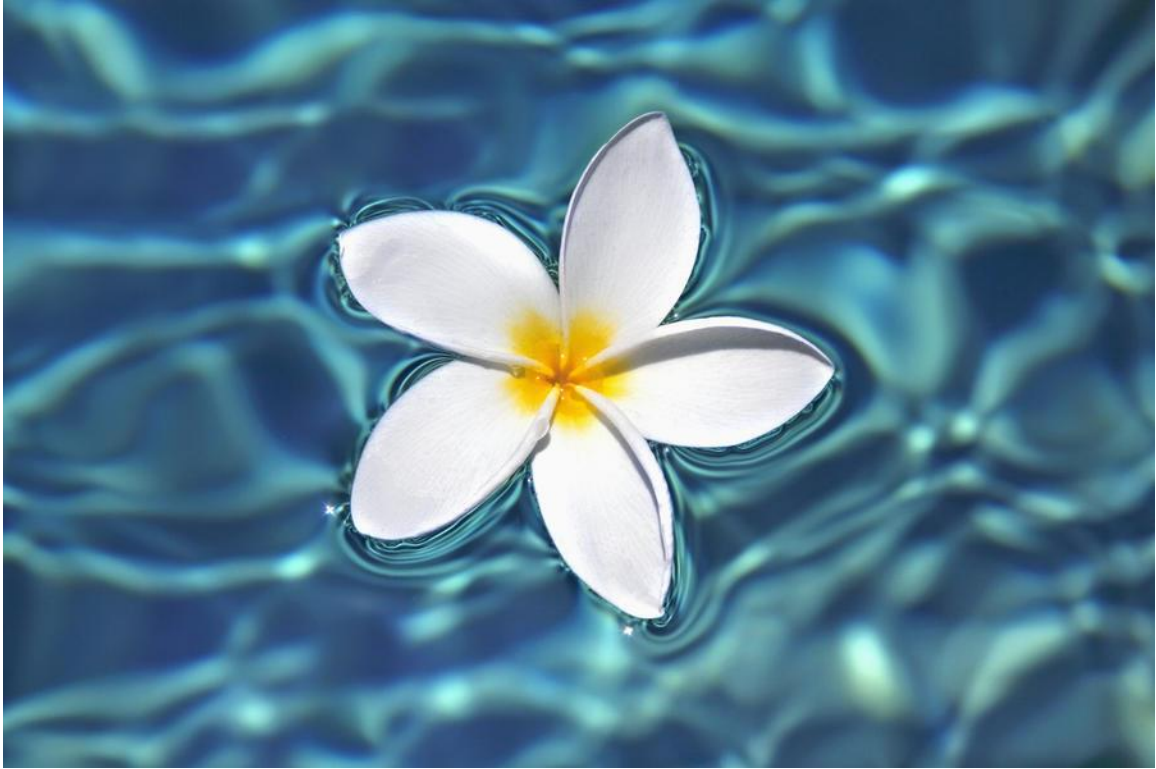




# The Hop50+

## JULY 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 JULY 2018**  
**KEEP FIT AND HEALTHY - CLASSES IN PURPLE**  
**SPECIAL EVENTS – BLUE**

Day/Date	Times	Class/Activity	Where	Cost
Sunday 1st	12.30	SUNDAY ROAST (includes complimentary glass of wine)	Café	£8.50
Monday 2nd	10.30 – 11.30	Café Quiz	Cafe	£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	'New' Move to the Music	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 3rd	<b>CLOSED</b>	<b>CLOSED</b> FOR STAFF CONFERENCE	<b>CLOSED</b>	
Wednesday 4th	10.30-12.00	Standing Tall Balance, Strength, Fitness, and Flexibility <u>Contact Ruth 07399 993426</u>	Lounge	£7.50
	10.30 – 12.30	LGBT Social Meet Up At Modelo Lounge, Church Road, Hove		
	2.00 – 4.00	Art Café	Café	£10
Thursday 5th	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 – 2.30	PUT HER FORWARD NON ZERO ONE	Lounge	Free
	2.00 – 3.15 2.30 – 3.30	Knit & Natter Table Tennis	Café Lounge	Free £2

<b>Date</b>	<b>Time</b>	<b>Activity/Event</b>	<b>Where</b>	<b>Cost</b>
<b>Friday 6th Hop Stop Dementia Friendly Day</b>	<b>10.30 – 12.30</b>	<b>Morning Session</b> (See information inside programme)	<b>Café/Lounge</b>	<b>£5</b>
	<b>1.30 – 3.30</b>	<b>Afternoon Session</b> (See information inside programme)	<b>Café/Lounge</b>	<b>£5</b>
<b>Saturday 7th</b>	<b>10.30 – 11.00</b>	<b>Strength &amp; Flexibility Exercise</b>	<b>Lounge</b>	<b>£2</b>
	<b>11.15 – 12.15</b>	<b>POETRY</b>	<b>Lounge</b>	<b>£2</b>
	<b>1.45 – 2.45</b>	<b>'Sing Like No One is Listening'</b>	<b>Lounge</b>	<b>£2</b>
<b>Sunday 8th</b>	<b>12.30</b>	<b>SUNDAY ROAST</b> (includes complimentary glass of wine)	<b>Café</b>	<b>£8.50</b>
<b>Monday 9th</b>	<b>10.30 – 11.30</b>	<b>Café Quiz</b>	<b>Cafe</b>	<b>£2</b>
	<b>11.30 – 12.30</b>	<b>Desert Island Discs</b>	<b>Lounge</b>	<b>£2</b>
	<b>2.00 – 3.15</b>	<b>Drawn to Art</b> (Portraits/Still Life with StJohn)	<b>Café</b>	<b>£3</b>
	<b>2.00 – 3.00</b>	<b>'New' Move to the Music</b>	<b>Lounge</b>	<b>£2</b>
	<b>2.00 – 3.00</b>	<b>Scrabble</b>	<b>Café</b>	<b>Free</b>
	<b>3.15 – 4.30</b>	<b>Play Reading</b>	<b>Lounge</b>	<b>£3</b>
	<b>2.45 – 3.30</b>	<b>Chair Yoga</b>	<b>Cornerstone</b>	<b>£5</b>
<b>3.40 – 4.40</b>	<b>Yoga</b>	<b>Cornerstone</b>	<b>£6</b>	

Tuesday 10th	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	Health Stroll via Mini Bus to Devil's Dyke (Please book in Office)	Minibus	£5	
2.00 - 3.00	Bingo	Lounge	£3.50	
2.00 - 3.00	'New' Introduction to Zen Doodling	Cafe	£1	
Wednesday 11th	10.30-12.00	Standing Tall Balance, Strength, Fitness, and Flexibility <u>Contact Ruth 07399 993426</u>	Lounge	£7.50
	2.00 – 4.00	Art Café	Café	£10
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
	11.15 – 12.15	Creative Life Coaching	Lounge	£6
	2.00 – 3.15	Knit & Natter	Café	Free
2.00 – 3.30	Table Tennis	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

<b>Day/Date</b>	<b>Time</b>	<b>Activity/Event</b>	<b>Where</b>	<b>Cost</b>
<b>Saturday 14th</b>	<b>10.30 – 11.00</b>	<b>Strength &amp; Flexibility Exercise</b>	<b>Lounge</b>	<b>£2</b>
	<b>11.15 – 12.15</b>	<b>Boccia</b>	<b>Lounge</b>	<b>£2</b>
	<b>1.45 – 2.45</b>	<b>'Sing Like No One is Listening'</b>	<b>Lounge</b>	<b>£2</b>
<b>Sunday 15th</b>	<b>12.30</b>	<b>SUNDAY ROAST (includes complimentary glass of wine)</b>	<b>Café</b>	<b>£8.50</b>
<b>Monday 16th</b>	<b>10.30 – 11.30</b>	<b>Café Quiz</b>	<b>Cafe</b>	<b>£2</b>
	<b>11.30 – 12.30</b>	<b>Desert Island Discs</b>	<b>Lounge</b>	<b>£2</b>
	<b>2.00 – 3.15</b>	<b>Drawn to Art (Portraits/Still Life with StJohn)</b>	<b>Café</b>	<b>£3</b>
	<b>2.00 – 3.00</b>	<b>'New' Move to the Music</b>	<b>Lounge</b>	<b>£2</b>
	<b>2.00 – 3.00</b>	<b>Scrabble</b>	<b>Café</b>	<b>Free</b>
	<b>3.15 – 4.30</b>	<b>Play Reading</b>	<b>Lounge</b>	<b>£3</b>
	<b>2.45 – 3.30 3.40 – 4.40</b>	<b>Chair Yoga Yoga</b>	<b>Cornerstone Cornerstone</b>	<b>£5 £6</b>
<b>Tuesday 17th</b>	<b>10.00 – 12.00</b>	<b>Tech Buddy</b>	<b>Cafe</b>	
	<b>10.00 – 11.00</b>	<b>Play Reading With Attitude</b>	<b>Lounge</b>	<b>£2</b>
	<b>11.15 – 12.15</b>	<b>Hop Singers</b>	<b>Lounge</b>	<b>£3</b>
	<b>11.15 – 12.15</b>	<b>Mindful Yoga</b>	<b>Church Rm</b>	<b>£6</b>
	<b>1.45 – 3.15</b>	<b>Line Dancing</b>	<b>All Saints Church, Hove</b>	<b>£6.50</b>
	<b>2.00 – 3.00 2.00 - 3.00</b>	<b>'New' Zen Doodle Bingo</b>	<b>Cafe Lounge</b>	<b>£1 £3.50</b>
<b>Wednesday 18th</b>	<b>2.00 – 4.00</b>	<b>No Standing Tall Class Today  Art Café</b>	<b>Café</b>	<b>£10</b>

Thursday 19th	10.00 – 11.00 10.30 – 11.00	Gardening Strength & Flexibility Exercise & Workout	Garden Lounge	Free £2
	10.00 – 11.00 11.15 – 12.15	Keep Calm & Crochet The Big Fat Table Quiz Croissants/Crumpets, Tea/Coffee served at 11am	Café Cafe Cafe	Free £2 £1
	2.00 – 3.15 2.00 – 3.00 3.15 – 4.15	Knit & Natter Table Tennis Drop-In Meditation	Café Lounge Lounge	Free £2 £6
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
Saturday 21st	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 22nd	12.30	SUNDAY ROAST (includes complimentary glass of wine)	Café	£8.50
Monday 23rd	10.30 – 11.30 11.00 – 12.00	Café Quiz 'Music for Health' Taster	Cafe Lounge	£2
	2.00 – 3.15	Drawn to Art (Portraits/Still Life with StJohn)	Café	£3
	2.00 – 3.00	'New' Move to the Music	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 24th	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
Wednesday 25th	2.00 - 3.00	Bingo	Lounge	£3.50
	2.00 – 3.00	'New' Zen Doodle	Café	£1
	3.15 – 4.15	Playback Theatre	Lounge	£6
	10.30-12.00	Standing Tall Balance, Strength, Fitness, and Flexibility <a href="tel:07399993426">Contact Ruth 07399 993426</a>	Lounge	£7.50
	2.00 – 4.00	Art Café	Café	£10
Thursday 26th	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 – 12.30	Jazz in the Morning	Lounge	£2
	2.00 – 3.15	Knit & Natter	Café	Free
Friday 27th	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	10.30 – 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

<b>Sunday 29th</b>	<b>12.30</b>	<b>SUNDAY ROAST</b> (includes complimentary glass of wine)	<b>Café</b>	<b>£8.50</b>
<b>Monday 30th</b>	<b>10.30 – 11.30</b> <b>11.30 – 12.30</b> <b>1.30 – 2.30</b> <b>2.00 – 3.15</b>  <b>2.00 – 3.00</b> <b>2.00 – 3.00</b> <b>3.15 – 4.15</b> <b>2.45 – 3.30</b> <b>3.40 – 4.40</b>	<b>Café Quiz</b> <b>Desert Island Discs</b> <b>Oral Health Care</b> <b>Drawn to Art</b> (Portraits/Still Life with StJohn) <b>'New' Move to the Music</b> <b>Scrabble</b> <b>Friends Connect</b> <b>Chair Yoga</b> <b>Yoga</b>	<b>Cafe Lounge</b>  <b>Café</b>  <b>Lounge Café</b> <b>Lounge Cornerstone</b> <b>Cornerstone</b>	<b>£2</b> <b>£2</b>  <b>£3</b>  <b>£2</b> <b>Free</b>  <b>£5</b> <b>£6</b>
<b>Tuesday 31st</b>	<b>10.00 – 12.00</b> <b>10.00 – 11.00</b> <b>11.15 – 12.15</b> <b>11.15 – 12.15</b>       <b>1.45 – 3.15</b>          <b>2.00 - 3.00</b> <b>2.00 – 3.00</b>	<b>Tech Buddy</b> <b>'Playreading with Attitude</b> <b>Hop Singers</b> <b>Mindful Yoga</b>          <b>Line Dancing</b>          <b>Bingo</b> <b>'New' Zen Doodle</b>	<b>Cafe Lounge</b> <b>Lounge Lounge</b> <b>Church Rm</b>          <b>All Saints Church, Hove</b>          <b>Lounge Cafe</b>	<b>£2</b> <b>£3</b> <b>£6</b>          <b>£6.50</b>          <b>£3.50</b> <b>£1</b>
		<b><u>*All activities and events are held at the Hop50+ unless otherwise stated *</u></b>		
		<b><u>Please be aware that on occasions the programme can be subject to change</u></b>		





## COMMUNITY TRIP LIST FOR JULY 2018

<p><b>MONDAY 9TH</b></p>	<p><b>LAUGHING FISH – ISFIELD</b></p> <p><b>THE LAVENDER LINE</b></p> <p>Next door to the heritage Lavender Line railway and just a stone's throw from <a href="#">Cofield</a> and Lewes. Tucked away in the leafy <a href="#">East Sussex</a> countryside nestles Isfield – a quintessential British village with historic homes, winding country lanes and a traditional pub.</p> <p>The Laughing Fish sits at the heart of Isfield serving up a selection of real ales and tasty pub grub, while offering drinkers and diners alike a comfortable, character-full atmosphere.</p>	<p><b>11AM</b></p>	<p><b>£15</b></p>
<p><b>WEDNESDAY 11TH</b></p>	<p><b><u>HIGHDOWN GARDENS</u></b></p> <p><b><u>Carvery or Tea Room</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 Chalk Garden at Highdown is the achievement of Sir Frederick and Lady Stern who worked for 50 years to prove that plants would grow on chalk.</p> <p>When you're ready for lunch, you can choose either a carvery or the tea room, you decide 😊</p>	<p><b>11AM</b></p>	<p><b>£15</b></p>

<p><b>MONDAY 16TH</b></p>	<p style="text-align: center;"><b>Anchor Inn – Barcombe</b></p> <p>The Anchor Inn is a beautiful Sussex country pub and restaurant set on the west bank of the River Ouse, one of the most unspoilt parts of rural Sussex, four miles upstream from the county town of Lewes. Built in 1790, the Inn has a long history, and today offers two cosy bars and two restaurant rooms, serving real ale, bottled lagers, fine wines and freshly prepared food from the menu.</p> <p>For hundreds of years The Anchor Inn has enjoyed boating rights over one of the most beautiful parts of the River Ouse, stretching from the Anchor Inn to the attractive Fish Ladder Falls extending below Sutton Hall. The river scenery is quite unspoilt and is home to many wild birds including herons, kingfishers, swans, cormorants and moorhens. The river is also home to a variety of species of fish, which can usually be seen basking on the rivers surface.</p>	<p><b>11 AM</b></p>	<p><b>£15</b></p>
<p><b>WEDNESDAY 18TH</b></p>	<p style="text-align: center;"><b>'NEW'</b></p> <p style="text-align: center;"><b>CHARLES DARWIN HOUSE - KENT</b> English Heritage Member – free Adult - £12.00 entry Concession (Over 65) - £10.80 entry</p> <p>Down House remains much as it was when Darwin lived there. Many of the ground-floor rooms are filled with family portraits, furniture and personal possessions, as they were when Darwin lived here, while the study contains his writing desk, chair and many objects connected with his work. The gardens have been restored to their appearance in his time, and some of his experiments on plant and insect life are recreated in the garden and greenhouse.</p> <p>So come and join Val and see the House and walk through the beautiful gardens and then enjoy a tasty lunch in the Café.</p>	<p><b><u>9.30</u> <u>AM</u></b></p> <p><b>Please note the start time</b></p>	<p><b>£15</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</b></p>
<p><b>TUESDAYS</b></p>	<p><b>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</b></p>
<p><b>WEDNESDAYS</b></p>	<p><b>Chiropody 1.15pm -3.30pm 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 July 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

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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

### JULY 2018

<b>Thursday 5<sup>th</sup> July</b> 11.30 am - 2.30 pm	<b>PUT HER FORWARD</b> <b>NON ZERO ONE</b> (see information inside programme)
<b>Tuesday 10<sup>th</sup> July at 2pm</b>	<b>Introduction to Zen Doodling</b>
<b>Thursday 19<sup>th</sup> July at 3.15 pm</b> – 4.15pm	<b>Drop In Meditation with Ruby</b>
<b>Monday 23<sup>rd</sup> July at 11 am - 12</b>	<b>Music For Health Taster Session</b>
<b>Tuesday 24<sup>th</sup> July</b> 3.15 pm – 4.15 pm	<b>Playback Theatre with Ruby</b>
<b>Thursday 26<sup>th</sup> July at 11.15 am</b>	<b>Jazz in the Morning</b>
<b>Monday 30<sup>th</sup> July</b> 3.15 pm – 4.15 pm	<b>World Friendship Day</b> <b>'Friends Connect'</b>
<b>Monday 30<sup>th</sup> July at 1.30 pm</b>	<b>Oral Health Care</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)