The Hop50+
NOVEMBER 2026



This Programme Includes:
Activities and Events at the Hop50+
+ Trip Information

The Hop50+ & Café

Palmeira Square, Hove, BN3 2FL Tel: 01273 729603

Card Payments accepted

Email: thehop50@impact-initiatives.org.uk

Please like our Facebook page The Hop 50+ Community

The Hop50+ and Café is part of Impact Initiatives, a registered charity 276669 Company registered in England No. 1402692. Registered office: 69 Ship Street, Brighton, BN1 1AE

www.impact-initiatives.org.uk

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What's Happening at the Hop 50+?

We are delighted to welcome you to the Hop50+

Café

We serve a homecooked main meal between 12.30pm and 1.30pm
Our snack menu is also available throughout the day

The Café opening times are Monday-Thursday from 9.30am-3.30pm
(Café opens 12pm-3.30pm on Wednesdays with the morning being a dedicated time for people living with the early stage of dementia)

The lunch time Meal Deal includes a main course, a dessert and a tea or coffee @ £10.00

Trips

In this programme you will find details of the trips on offer in November

Activities and Events

We are continuing to bring you new activities and events throughout November at The Hop50+
All activities are on a drop-in basis unless otherwise stated

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Fridays – The Hop Stop (*this is not a drop-in day*)

Schedule for the Hop Stop is as follows:

Morning Session 10.00am-12.45pm (including lunch)

Afternoon Session 1.15pm-4.00pm (including lunch)

£18.00 per session

Each session is designed to suit the varied and individual needs of the people who use the Hop Stop. Sessions can include: -

- IGNITE, creative art discussion
- Music, memories and singing
- Themed reminiscence sessions e.g. travel and traditions from around the world, variety shows and seasonal celebrations
- Seasonal arts and crafts
- Visiting musicians and entertainers
- Boccia, bowls and games
- Gardening and sensory walks

These sessions are suitable for people living with the early stages of dementia

Carers are very welcome to come along

The Café is open on Wednesday mornings 9.30am -11.30am as a drop in for people living with the early stages of dementia and carers.

For further information

You can find out more by speaking to Lin Hastings (Manager)
Anne Brindley or Nick Chamberlain (Centre Workers)
We are available on (01273) 729603
Friday sessions are to be pre-booked and are not drop in
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.

HOP50+ CLASSES

The following classes are also available online with Zoom, please email paula.carter@impact-initiatives.org.uk or telephone The Hop 50+ on 01273 729603 to find out more and receive an online schedule
You will need to have the internet and Zoom to access our online classes

For your safety you will need to fill in a medical / disclaimer form before starting the sessions

Activity	Description	Pre-requisites
Strength and Balance (mainly leg based)	This session is based on a set of strength and balance exercises, known as Otago. The exercises mainly focus on strengthening legs and improving balance with a warm up and relaxation incorporated	You will need to be comfortable with mainly standing exercises for 30-40 minutes. Each person has a chair available for assistance if required
Strength and Flexibility (Arms and Legs)	This session is Otago based and incorporates extra arm exercises for your upper body, and aerobic work. Those comfortable with the basic routine are encouraged to develop their strength further by using weights (which are supplied)	You will need to be comfortable with mainly standing exercises for 30-40 minutes. There are chairs available to assist with balance if required. This is a slightly harder session for those who have achieved a basic leg strength and balance
Step to the Beat	Step to the Beat is a way of increasing your daily steps by combining exercise with music. This class is dance based, moving to music whilst following a routine. The emphasis for this group is having fun to music and will suit those who have previously enjoyed dancing or want to start doing so	Ability to stand for 30-40 minutes and exercise without using a chair This is a slightly harder session for those who have achieved a basic leg strength and balance

Gentle Yoga	Move, breathe and relax with mindful movement and breath awareness including moving down to and up from the floor	Please bring your own yoga mat & blanket
Seated Yoga	Improve your mobility, stability and overall wellbeing through mindful movement and breath awareness in the friendly, chair-based class	



ACTIVITIES AND EVENTS NOVEMBER 2026

Special events & new activities are in blue

MONDAY 2nd 10.15-11.15 Arms & Leg Exercises £5 11.30-12.15 Strength & Balance £5 1.45-2.45 Quiz £3 2.00-3.30 Face to Face with Nick £5 pencil portrait class for all abilities 3.00-4.30 Mindfulness Group £5	**TUESDAY 3rd** 10.30-11.30 Step to the Beat £5 11.30-12.30 Tai Chi £5 2.00-3.00 Card Games £2 2.00-3.30 Tech Buddy Peter (please ring office to make an appt 01273 729603)
WEDNESDAY 4th 9.30-11.30 The Pit Stop is a dedicated café space for people living with early stage dementia and carers Café open 12pm-4pm 9.45-10.45 Gentle Yoga £6 11.00-12.00 Chair Yoga £6 2.00-3.30 Tutored Art Group £5 2.00-3.00 Desert Island Discs £3	**THURSDAY 5th** 10.00-12.30 Tech Buddy Pete (please ring office for an appointment 01273 729603) 10.30-11.15 Strength & Balance (1) £5 11.30-12.15 Strength & Balance (2) £5 2.00-3.30 Knit and Natter (Café) £2 2.00-3.00 'Sing for Better Health' £3
FRIDAY 6th **Hop Stop** A dedicated day for people living with the early stages of dementia (See information inside programme)	**SATURDAY 7th** 10.00-11.00 Strength & Flexibility £5 11.30-12.20 Sing Like No One is Listening £3 1.30-3.00 BINGO £5
MONDAY 9th No Arms & Legs exercise today 11.30-12.15 Strength & Balance £5 1.45-2.45 Quiz £3 2.00-3.30 Face to Face with Nick £5 pencil portrait class for all abilities 3.00-4.30 Mindfulness Group £5	**TUESDAY10th** 10.30-11.30 Step to the Beat £5 11.30-12.30 Tai Chi £5 2.00-3.00 Card Games £2 2.00-3.30 Tech Buddy Peter (please ring office to make an appt 01273 729603)
WEDNESDAY 11th 9.30-11.30 The Pit Stop is a dedicated café space for people living with early stage dementia and carers Café open 12pm-4pm 9.45-10.45 Gentle Yoga £6 11.00-12.00 Chair Yoga £6 No Art Today 2.00-3.00 Desert Island Discs £3	**THURSDAY 12th** 10.00-12.30 Tech Buddy Pete (please ring office for an appointment 01273 729603) 10.30-11.15 Strength & Balance (1) £5 11.30-12.15 Strength & Balance (2) £5 2.00-3.30 Knit and Natter (Café) £2 2.00-3.00 'Sing for Better Health' £3
FRIDAY 13th **Hop Stop** A dedicated day for people living with the early stages of dementia (See information inside programme)	**SATURDAY 14th** 10.00-11.00 Strength & Flexibility £5 11.30-12.20 Sing Like No One is Listening £3 1.45-2.45 Line Dancing (Abba Style) with Lee Miller £5

MONDAY 16th 10.15-11.15 Arms & Leg Exercises £5 11.30-12.15 Strength & Balance £5 1.45-2.45 Quiz £3 2.00-3.30 Face to Face with Nick £5 pencil portrait class for all abilities 3.00-4.30 Mindfulness Group £5	**TUESDAY 17th** 10.30-11.30 Step to the Beat £5 11.30-12.30 Tai Chi £5 2.00-3.00 Card Games £2 2.00-3.30 Tech Buddy Peter (please ring office to make an appt 01273 729603)
WEDNESDAY 18th 9.30-11.30 The Pit Stop is a dedicated café space for people living with early stage dementia and carers Café open 12pm-4pm No Yoga Today 2.00-3.30 Tutored Art Group £5 2.00-3.00 Desert Island Discs £3	**THURSDAY 19th** 10.00-12.30 Tech Buddy Pete (please ring office for an appointment 01273 729603) 10.30-11.15 Strength & Balance (1) £5 11.30-12.15 Strength & Balance (2) £5 2.00-3.30 Knit and Natter (Café) £2 2.00-3.30 Older LGBTQ Meet Up For more information contact claudette.atkinson@switchboard.org.uk
FRIDAY 20th **Hop Stop** A dedicated day for people living with the early stages of dementia (See information inside programme)	**SATURDAY 21st** 10.00-11.00 Strength & Flexibility £5 1.45-3.30 Mark Treason with Parodies Lost' £10 (prebooking required see poster)
MONDAY 23rd 10.15-11.15 Arms & Leg Exercises £5 11.30-12.15 Strength & Balance £5 Closing at 2pm today	**TUESDAY 24th** 10.30-11.30 Step to the Beat £5 11.30-12.30 Tai Chi £5 2.00-3.00 Card Games £2 2.00-3.30 Tech Buddy Peter (please ring office to make an appt 01273 729603)
WEDNESDAY 25th 9.30-11.30 The Pit Stop is a dedicated café space for people living with early stage dementia and carers Café open 12pm-4pm 9.45-10.45 Gentle Yoga £6 11.00-12.00 Chair Yoga £6 2.00-3.30 Tutored Art Group £5 2.00-3.00 Desert Island Discs £3	**THURSDAY 26th** 10.00-12.30 Tech Buddy Pete (please ring office for an appointment 01273 729603) 10.30-11.15 Strength & Balance (1) £5 11.30-12.15 Strength & Balance (2) £5 2.00-3.30 Knit and Natter (Café) £2 2.00-3.00 Book Club £3
FRIDAY 27th **Hop Stop** A dedicated day for people living with the early stages of dementia (See information inside programme)	**SATURDAY 28th** 10.00-11.00 Strength & Flexibility £5 11.30-12.20 Sing Like No One`s Listening £3

MONDAY 30th **10.15-11.15 Arms & Leg Exercises £5** **11.30-12.15 Strength & Balance £5** **1.45-2.45 Quiz £3** **2.00-3.30 Face to Face with Nick £5 pencil portrait class for all abilities** **3.00-4.30 Mindfulness Group £5**	**Christmas Dinner Dates** **Tuesday 8th December** **Wednesday 9th December** **Thursday 10th December** **Please see poster for details**
Please be aware that on occasions the programme can be subject to change	impact THEHOP50+



Winter COVID vaccination

Are you over 75 or immunosuppressed?

WALK IN CLINICS AVAILABLE HERE

DATES: Wednesday 2nd December

TIME: 12.30 - 15.30

VENUE:

Hop50+, St John's Church, Palmeira Square, Hove, BN3 2FL

West Sussex, Brighton & Hove ageUK
Let's change how we age

Brighton and Hove Federation
Primary Care for our local community

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IT Support

Tuesdays - 2pm - 3.30pm

Thursdays - 10am - 12.30pm

1:1 advice sessions with our tech buddys







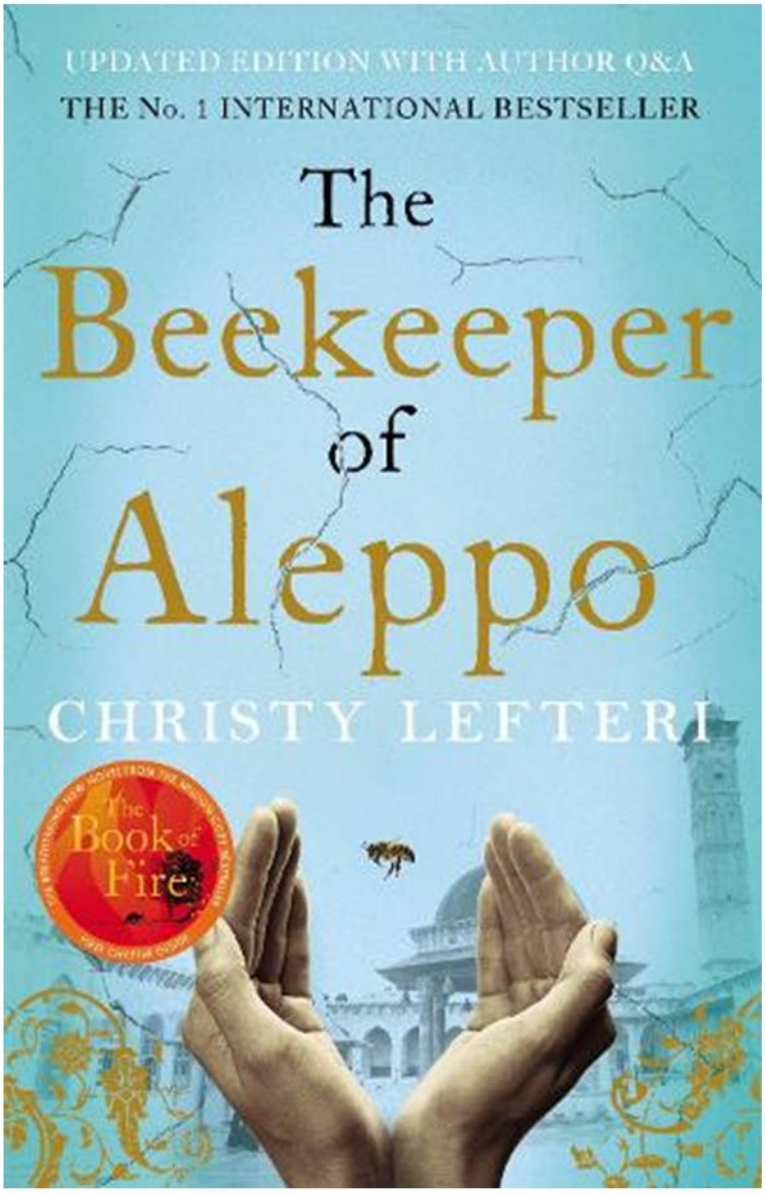
If you need support using your own phone, tablet or laptop, book to see one of our tech buddys, please ring the Office to make an appointment on 01273 729603.

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THE BEEKEEPER OF ALEPPO
BY CHRISTY LEFTERI

Collect our new book from Thursday 29th October and join us to discuss on Thursday 26th November at 2pm



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TRIP LIST FOR NOVEMBER 2026

WEDNESDAY 4th	**Sheffield Park and Garden** Free for National Trust members or £19 entry Visit at this popular time of year to see the Autumn colours in all their glory. The reflections in the lakes add to the splendour - the garden display is recognised internationally. 	**10.00 am**	**£16**
WEDNESDAY 11th	**The Thatched Inn Keymer via South Downs Nursery** Stopping off at the large garden centre 'South Downs Nurseries' in Hassocks, then continuing to Keymer for lunch.  The Thatched Inn is a beautifully restored country pub full of traditional charm and a warm welcoming atmosphere.	**11am**	**£16 + lunch**
WEDNESDAY 18th	**De La Warr Pavilion – Bexhill**  Visit this iconic 1930s Art Centre, repurposed in 2005 with sea views and light that flood the building, or pop into Bexhill town. There are currently 2 free exhibitions in the pavilion that you might like to visit.	**9.30 am**	**£16**

WEDNESDAY 25th	**Haskins Garden Centre Roundstone** Get in the Christmas spirit and immerse yourself in the Christmas decorations at Haskins! You will have time to enjoy a coffee and lunch break as well as a little retail therapy in the garden centre or the instore Hobbycraft, Lakeland and Mountain Warehouse 	**11 am**	**£16**

***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. **You can pay by cash or card**



Please note:

- **All trips are allocated on a first come first served basis**
- **These are unsupported trips. We reserve the right to advise you against going on the trip to ensure the health and wellbeing of everyone**
- **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 a member of staff at the Hop50+ on 01273 729603 or call in person to the Hop50+, Palmeira Square, Hove, BN3 2FL. Thank you.

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PARODIES LOST

SATURDAY 21ST NOVEMBER

1.45pm – 3.30pm - £10



The laid-back cabaret duo of Mark Brailsford & the amazing Rebecca Blanchard.

Featuring a mix of classic covers and parody hits from The Treason Show.

Cheese & biscuits and a glass of wine or alternative refreshment will be served during the interval.

Please pop in or ring the Office to book a ticket on 01273 729603

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COME & PLAY BINGO!

SATURDAY 7th NOVEMBER

1.30pm - 3pm £5



Come and enjoy a fun afternoon of Bingo!

Will you win a prize with a line or win with a 'full house'?

This is a fundraising event for the Hop50+

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Thursday 5th & 12th NOVEMBER 2pm-3pm - £3

'Sing For Better Health'

Singing profoundly benefits health and wellbeing!
Join Udita and improve your health and wellbeing, using a combination of specific relaxation/ posture/ breathing exercises, and having fun singing songs together.



This singing group is for older people in general, or those with long-term health problems eg.breathing difficulties, Parkinson's, Depression, Alzheimer's, MS, Stroke, Heart conditions, Cancer, mental health problems etc.)
The group is led by **Udita Everett**, a trained music therapist, First Nature voice/ breath/ body coach and Singing for Lung Health leader.

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The Hop 50+ Christmas Menu
8th / 9th / 10th December 12 pm

Starters

Festive Smoked Salmon & Prawns with Warm Bread Rolls

Or

Roasted Celeriac, Red Onion and Hazelnut Tart with Greens

Mains

Traditional Roast Turkey and Cranberry & Apple Stuffing and Pigs in Blankets

Or

Home Made Vegan 'Turkey' with Walnut and Cranberry Stuffing and Mock Pigs in Blankets

Both served with Roast Potatoes, Glazed Carrots and Parsnips, Brussel Sprouts & Braised Red Cabbage

Desserts

Fresh Fruit Trifle

Or

Traditional Christmas Pudding with a Brandy Custard Sauce

£20

All Bookings must be made with the Office, with payment required at the time of booking

01273 729603

Drop-in Tai Chi with Caspar Tuesdays 11.30am - £5

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Caspar, your facilitator, is a highly experienced teacher with more than twenty-five years' experience. Come along and try the class- Caspar makes it easy, relaxed, fun and inclusive.

Caspar's Tai Chi classes include a wide range of gentle exercises, from warming up the joints to more flowing movements designed to keep your mind clear as well as helping to keep the body supple. There will be an exercise for every requirement!





If you have any niggles or pre-existing health conditions do speak to Caspar before class if you are unsure if you can practice Tai Chi or if you require particular care in one area.

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LINE DANCING
WITH LEE MILLER
ABBA STYLE
SATURDAY 14th NOVEMBER
1.45pm - 2.45pm £5

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Whether you're completely new to line dancing or already love it, please come along and join Lee for a boot-scootin' line dancing class.



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AGEING WELL

Ageing Well offers a range of activities, info & advice for people living in Brighton & Hove aged 50+.

Contact our Information, Help and Advice team to find out about:

- Social Groups
- Activities
- Dementia Support
- Health & Wellbeing
- Befriending
- Volunteering Opportunities

Freephone:
0808 175 3234

Text:
07770 061072

Email:
info@ageingwellbh.org

Visit our website: ageingwellbh.org

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Ageing Well is a partnership led by Impact Initiatives.
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Registered office: 69 Ship Street, Brighton, BN1 1AE

How to find us at The Hop50+

Catch any of these buses to Palmeira Square
1, 1X, 2, 5, 5A, 5B, 6, 21, 46, 49, 60, 71, 700



The Hop50+ is a community space and café open six days a week. The Hop 50+ offers a range of activities and social opportunities for people aged 50+ The Hop aims to support customers to improve their health and wellbeing, to learn new skills and to be a place where people can enjoy good food and company.

Zoom schedule available

For more information please email
paula.carter@impact-initiatives.org.uk

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