

September to December 2016

Monday Activities	Activity Description	Cost	Room
<p>AM Men's Morning 9.30am - 11.30am</p>	Enjoy social activities such as cards, dominoes and chess with like-minded gentlemen, this also includes (Men's Table Tennis in room 4) 9:30am – 11:15am	£2.50 per session	3 and 4
<p>Exercise for All 10am – 11am</p>	Seated or standing aerobic movements to music with this fun friendly, young minded group. With Tracie Woodall . Tea/Coffee social after the class.	£5 per session	2
<p>PM Line Dancing 12:55pm – 1:55pm</p>	With Linda Jones . Maintain your fitness whilst having fun. Solos and groups welcome.	£5 per session	4
<p>Stitch in Time 2.00pm – 4.00pm</p>	Make new friends over coffee whilst trying your hand at knitting, crochet and various other stitch crafts.	£2.50 per session	2
<p>Strictly Style Dance Beginners 2:00pm – 3.00pm</p>	New at dancing or want to brush up your steps, join this friendly ballroom and Latin class. No partner needed just come and enjoy the fun. With Julie Willetts .	£5 per session	4
<p>Watercolour Art 2.30pm – 4.30pm</p>	Enjoy using various watercolour art techniques in a social atmosphere. All art materials supplied and refreshments provided. Starts Monday 3rd October to Monday 5th December	£50 for a 10 week course	3
<p>Strictly Style Dance Intermediate 3:15pm – 4:15pm</p>	Learn ballroom and Latin dance in this sociable group session. With Julie Willetts . Tea for this class will be served before the start of the session. Partners are not necessary.	£5 per session	4

Tuesday Activities	Activity Description	Cost	Room
<p><u>AM</u> Exercise for All 10.45am – 11.45am</p>	<p>Standing or seated, gentle exercise to music for the over 50's Tea/Coffee social after the class. With <i>Everton Rooms</i>.</p>	<p>£5 per session</p>	<p>2</p>
<p>Yoga NEW! 11.45am-12.45pm</p>	<p>Gentle Hatha Yoga session is a combination of traditional yoga postures that can be appropriately modified using yoga straps to support clients to lift their arms and legs, and the use of physio-balls within postures to help strengthen core muscles. Postures can be further modified through the use of a chair for clients that have problems with their knees, hips, or are suffering from Vertigo or related inner ear problems, making the class accessible to all. Breathe awareness techniques are used to help the mind and body become more sensitive towards recognition of points of resistance within the body during various postures. This process will help clients to use their breath to help overcome stiffness and dysfunctional pain. Yoga mats and physio balls are provided for use in the session. With <i>Kay Morris</i>.</p>	<p>£5 per session</p>	<p>4</p>
<p><u>PM</u> Book and a Cuppa 12.15pm – 1:30pm</p>	<p>Share your thoughts, enjoy reading, or simply listen to short stories and poems whilst relaxing with a cuppa. From Tuesday 20th September.</p>	<p>£3 per session</p>	<p>3</p>
<p>Aerobotone NEW! 1.30pm-2.30pm</p>	<p>This session comprises of a warm up, Aerobics and Zumba routines, using a large selection of music from all around the world. Toning work with a variety of equipment. The class is performed standing and can be adapted for individual needs and ability. This will be a fun and friendly session. With <i>Tracie Woodall</i>.</p>	<p>£5 per session</p>	<p>4</p>

Wednesday Activities	Activity Description	Cost	Room
<p>AM Exercise for All 11.00am – 12.00noon</p>	<p>Exercise, fun and laughter for all over the age of 50 years. Seated or standing exercise with tea and coffee social. With Debbie Jones.</p>	<p>£5 per session</p>	<p>2</p>
<p>PM iPad Course 1:15pm – 3:00pm</p>	<p>Learn to send a photo on an e-mail, use iCloud, App Store and much more. 5 Week iPad course Starts Wednesday 21st September – Wednesday 19th October <u>MUST BRING YOUR IPAD APPLE ID AND PASSWORD</u></p>	<p>£25 for a 5 week course</p>	<p>3</p>
<p>Pilates 1.30pm-2.30pm</p>	<p>Pilates focuses on a holistic approach to exercise, toning the body in a mindful way that does not put strain on your joints and realigns muscle imbalance in the body. Pilates tones your core and can also reduce back pain and stress... So what are you waiting for?. Refreshments included. With Stephan Everall.</p>	<p>£5 per session</p>	<p>4</p>
<p>Community Fit Club 2.30pm-3.30pm</p>	<p>Do you want to lose weight? Then attend our weekly (for 6 weeks) weight loss programme, with advice and support for weight loss. This session is free if you attend our Pilates class or any other Springboard activity. With Juliet Clarke.</p>	<p>Free for Springboard Clients</p>	<p>4</p>
<p>General Art (Glass Engraving, Watercolours and Acrylics) 1:30 – 3:30pm</p>	<p>This activity is for anyone of any ability, whether you're an old hand at art or wish to experience something completely new. All art materials supplied and refreshments included. Starts Wednesday 21st September to Wednesday 23rd November</p>	<p>£50 for a 10 week course</p>	<p>2</p>
<p>Android Course 3.15pm – 5:00pm</p>	<p>5 Week Android beginner's courses. Learn to send a photo by email, use iCloud, App Store and much more. Starts Wednesday 21st September-Wednesday 19th October <i>Please note we cannot tutor on Hudl tablets or Kindle tablets yet. We maybe able to offer one-to-one help on Kindles if a trained tutor is available.</i></p>	<p>£25 for a 5 week course</p>	<p>3</p>

Thursday Activities	Activity Description	Cost	Room
<p>AM Beginners Computer 10.30am – 12:30am</p>	<p>A class for beginners, fairly new to computers who want to learn more and progress skills. Laptop provided to work on during sessions and one-to-one sessions are free during the course if you need that little bit of extra help. Starts Thursday 22nd September to Thursday 24th November</p>	<p>£50 for a 10 week course</p>	<p>3</p>
<p>Exercise For All 11.00am – 12.00am</p>	<p>Active exercise to music for all who like to push themselves. Seated or standing. With Mark Phillips.</p>	<p>£5 per session</p>	<p>2</p>
<p>PM Digital Photography for Beginners 1:00pm – 3:00pm</p>	<p>Learn how to get the best from your camera to capture the perfect picture, along with editing and printing guidance. All you need is your camera and enthusiasm. Starts Thursday 22nd September to to 24th November</p>	<p>£50 for a 10 week course</p>	<p>3</p>
<p>Drama Group 1.00pm – 2.30pm</p>	<p>Join this friendly group to work towards fun performances for pleasure and meet new people along the way.</p>	<p>£3.50 per session</p>	<p>2</p>
<p>Choir 3.00pm – 4.00pm</p>	<p>Join our choir and sing for pleasure. All voices and abilities welcome.</p>	<p>£2.50 per session</p>	<p>2</p>
<p>Strictly Style Social Intermediate/Advanced 4.15pm – 5.15pm</p>	<p>Ballroom dance with this sociable group session on Mondays and Thursdays. Please speak with Staff or Julie Willetts to see if you would be best suited to Beginners or Intermediate. Partners not necessary, refreshments are included and will be served before the session.</p>	<p>£5 per session</p>	<p>4</p>

Friday Activities	Activity Description	Cost	Room
AM Zumba Fitness 10.30am – 11:30am	Latin-inspired workout that is easy to follow and suitable for everyone looking to have fun. Join the party that's moving millions of people toward joy and health. With Tracie Woodall . Must book ahead by calling 01384 571830.	£5 per session	4
Aerobic and Tone 11.35am – 12:35pm	All standing class with no floor work. This class uses various moves and different equipment to make you feel fresh and healthy without being too intense. With Tracie Woodall .	£5 per session	4
PM Acrylic Art 2.00pm – 4.00pm	A fun and informative insight into the world of acrylics and other materials. All art materials supplied, as are refreshments. Starts Friday 23rd September to Friday 2nd December. Friday 14th October no class.	£50 for a 10 week course	2

Springboard Trips

Springboard arranges monthly trips to places of interest across the UK for anyone, aged 50 or over. **Call 01384 571830** to book or look on Age UK Dudley website www.ageukdudley.org.uk for the upcoming trips. Must pay upon booking.

IT Support Service

One-to-one sessions slots available weekly with one of our experienced IT tutors who will give you help and advice on any Computer, Tablet or iPad issues. Also if you are looking for assistance with your computer technical needs please book a session and we will be glad to help. Call 01384 571830. Cost £5.00 for help and advice.

Monday- Holistic and Beauty Therapies

We offer a wide range of holistic and beauty therapies which are available to people over 50, including head massage, Reiki, Manicure and Facial. Prices vary and appointments need to be booked in advance by calling Springboard on 01384 571830.

Table Tennis

Whether you have played table tennis before or not and fancy some light exercise with a partner or friend, book yourself an hour slot at reception for just £2.50 an hour Monday and Friday. Call Springboard on 01384 571830 to book a slot.

Dementia Friends Sessions

A Dementia Friend learns a little bit more about what it's like to live with Dementia and then turns that understanding into action - anyone of any age can be a Dementia Friend. As a Dementia Friend you will learn of the small ways that you can help. From informing friends to visiting someone you know living with dementia, also how you can help to create dementia friendly communities, every action counts. Speak with reception or call 01384 571830.

Refreshments Included: Each activity or course session includes a drink and either biscuits or cake will be available. If one cup is not enough you can purchase a drink at an extra cost as displayed on price list at Springboard.