

April 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	30	31	1	2 Chair Yoga – 2.00pm Exercise with MS – 3.00pm Zumba – 6.00pm Residents Games Night - 7.00pm	3 Residents Evening – 7.00pm Knit & natter – 2.00pm Good Friday Fish & Chips Special (Booking Required)	4 Yoga – 9.45pm Pilates – 10.45am HK Tuition – 11.00am
5 Residents Board Game Club – 11.30am Easter Sunday Lunch (Booking Required)	6 Residents Coffee Morning – 11.00am HK Tuition – 4.30pm	7 Curious Caterpillars – 9.00am NEW Soothing Stiches – 11.00am Knit & natter – 2.00pm HK Tuition – 4.30pm Women’s Circuit Class- 6.30pm	8 Curious Caterpillars – 9.00am	9 Curious Caterpillars – 9.00am Xpress Yourself Dance – 12.30pm Chair Yoga – 2.00pm Exercise with MS – 3.00pm Zumba – 6.00pm Residents Games Night - 7.00pm	10 Knit & natter – 2.00pm Residents Evening – 7.00pm	11 Yoga – 9.45am Pilates – 10.45am HK Tuition – 11.00am Primal Sounds – 2.00pm
12 Residents Board Game Club – 11.30am	13 Residents Coffee Morning – 11.00am New Cuppa with a Copper – 12.00 New Age UK Dementia café _2.00pm U3A Photography Group – 2.00pm HK Tuition – 4.30pm	14 Walfinch Seated Exercise – 10.30am Thai New Year Lunch – 1.00pm (Booking Required) U3A Group Meeting - 1.30pm Knit & natter – 2.00pm HK Tuition – 4.30pm Women’s Circuit Class- 6.30pm	15 U3A Writers Group – 10.30am Seated Exercise – 11.00am	16 Xpress Yourself Dance – 12.30pm Chair Yoga – 2.00pm Exercise with MS – 3.00pm Zumba – 6.00pm Residents Games Night - 7.00pm	17 Seniors Exercise class - 12.00 Knit & natter – 2.00pm NEW Orchestra of the swan – 2.00pm Residents Evening – 7.00pm	18 Yoga – 9.45am Pilates – 10.45am HK Tuition – 11.00am
19 Residents Board Game Club – 11.30am	20 Residents Coffee Morning – 11.00am HK Tuition – 4.30pm	21 NEW -Soothing Stiches – 11.00am Knit & natter – 2.00pm HK Tuition – 4.30pm Women’s Circuit Class- 6.30pm	22 Seated Exercise – 11.00am New Cuppa with a Copper – 1.00pm	23 St Georges Day Lunch 1.00pm Xpress Yourself Dance – 12.30pm Chair Yoga – 2.00pm Exercise with MS – 3.00pm Zumba – 6.00pm Residents Games Night -	24 Seniors Exercise class – 12.00 Knit & natter – 2.00pm Residents Evening – 7.00pm	25 Yoga – 9.45am Pilates – 10.45am HK Tuition – 11.00am Primal Sounds – 2.00pm

				7.00pm		
26 Residents Board Game Club – 11.30am NEW Art for the Heart – 1.00pm	27 Residents Coffee Morning – 11.00am HK Tuition – 4.30pm	28 Walfinch Seated Exercise – 10.30am Knit & natter – 2.00pm U3A Small Committee Meeting – 2.00pm	29 Seated Exercise – 11.00am	30 Xpress Yourself Dance – 12.30pm Chair Yoga – 2.00pm Exercise with MS – 3.00pm Zumba – 6.00pm Residents Games Night - 7.00pm	1	2

Exercise Classes Contact No's:

Arden Wellness – 07854467529

Chair Yoga – Thursday

Yoga - Saturday

Pilates - Saturday

Bloom in Health – 07570333439

Women's Circuit Class – Tuesday

Seated Exercise Class – Wednesday

Senior Exercise Class – Friday

Xpress Yourself Dance – 07984423534

(Thursday)

Zumba – 07572446662 (Thursday)

Walfinch – 01218053444 (Tuesday)

MS Society – 07707931439 (Thursday)

Community Groups:

U3A - <https://u3asites.org.uk/>

HK Tuition - 07359460222 (Mon/ Tue/ Sat)

Soothing Stiches – 07808988945

Art for the Heart - 07903598339

Wellbeing Groups

Age Uk Dementia Café - 07842449136

Lucy-Anne Foot Care – 07897395757

Specs At Home – 01217692672

Hair Salon – 07588630299

The Shires Café & Bistro

Opening Times

9.00am – 5.00pm – Mon- Fri

10.00am – 4.00pm Sat & Sun

🍷 Opal Bar – Open to Residents & the Public!

Come and enjoy a relaxing drink at **The Shires!**

Our bar is open: **Thursday, Friday & Saturday 6pm -11pm**

Everyone is welcome – residents and members of the public alike. Whether, you fancy a cocktail, a glass of wine, or just a friendly chat over a drink, the **Opal Bar** is the perfect place to unwind.

