

## MONDAY

- **Bournemouth / Poole / Christchurch** - Café Social / Mindful Walking group, 1.30pm-3.30pm, meeting points vary depending on the walk. Call Dave on 07788 312844 for details.
- **Gillingham** - Social group, 2pm-4pm, Waitrose Café, Le Neubourg Way, SP8 4UA.
- **Portland** - Café Social / Walking group, 11am-1pm, meeting points vary depending on where the walk is taking place. Call Dave on 07788 312844 for details.
- **Sherborne** - Café Social, 11am-1pm, Oliver's, 19 Cheap Street, DT9 3PU.
- **Weymouth** - Badminton, 3pm-4pm, Redlands Sports Hall, £3 per person includes court & racket hire. Our Peer will be in the cafe from 2.30pm if you fancy a chat or coffee before the session.

## TUESDAY

- **Boscombe** - 7 a side football with AFCB Community Trust, 3.30pm-4.30pm, AFCB mini astro pitches, mixed abilities (free first week but usually £1 contribution to pitch costs).
- **Bournemouth** - Social group, 12pm-2pm, The Brasshaus, Westover Road.
- **Weymouth** - Social gym session, 3.15pm-4.15pm, Coastland Sports Centre (formerly known as Weymouth College gym), £3 per session.
- **Weymouth** - Gardening group, 2pm-4pm, Quibo Lane allotments.
- **Weymouth** - Café Social / Walking group. 11am usual start time, meeting points vary depending on the walk. Call Dave on 07788 312844 for details.

## WEDNESDAY

- **Bournemouth** - Pool group, 4pm-5pm, Oasis Fun, Glen Fern Road BH1 2LZ. Meet outside at the front of the building. £2.50 per session. Meets weekly, excluding school and bank holidays.
- **Bournemouth** - Social Gym group, 1pm-2pm, BHLive, Littledown Centre. Meet at the top of the stairs leading to the main entrance at 12.45pm. £3 per session.
- **Bournemouth** - Football group, 1pm-2pm at Bournemouth Uni Talbot Campus, meet in the visitor's car park from 12.40pm. Please note car park fees apply to all visitors.
- **Poole** - Café social, 11am-1pm, The Lighthouse (meet on the first floor).
- **Weymouth** - Pool and Snooker, 3pm-4pm, Snookers Sports Bar, £3 per person.
- **Weymouth** - Craft group with Weymouth & Portland Community Resource Team, 2pm-3.30pm, Hope House, 2 Dorchester Road. £2 per person to cover materials.
- **Weymouth** - Indoor Skittles, 12pm to 2pm, Centenary Club, 21 Jubilee Close, DT4 7BG.

## THURSDAY

- **Boscombe** - 7 a side football with AFCB Community Trust, 3.30pm-4.30pm, AFCB mini astro pitches, mixed abilities (free first week but usually £1 contribution to pitch costs).
- **Bournemouth / Poole** - Café social for young people aged 18-25, 2pm-4pm, alternating between Flirt Café and Delfino Lounge. Contact us to check location. \*\*Paused due to staff holiday - back in the New Year.\*\*
- **Shaftesbury** - Café social, 2pm-4pm, The Grosvenor Arms, High Street SP7 8JA.
- **Weymouth** - Café social, 11am-1pm, Nautico Lounge, St Thomas Street.
- **Weymouth** - Football, 2pm-3.30pm, Redlands Sports Centre, mixed abilities.
- **Weymouth** - Gym group, Coastland Sports Centre, 4pm-5pm, £3 per session.

## FRIDAY

- **Blandford** - Café social, 11am-1pm, Crown Hotel, West Street, Blandford Forum, DT11 7AJ.
- **Boscombe** - Café social, 11am-1pm, The Well Café, Boscombe Royal Arcade.
- **Dorchester** - Gardening Volunteering, 11am-1pm, Wolfeton Manor Care Home (16 East Hill, Charminster).

## SATURDAY

- **Weymouth** - Gym group, Coastland Sports Centre, 9am-10am, £3 per session. Call Tia on 07436 127186 for details.



**For further details on any of the above activities:**

**Call:** 01305 818595

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