

Healthy Ageing

Improve your strength and balance by trying free or low cost activities this week

27 **Dance fitness by Vida Foundation**
74 Blatchington Rd, BN3 3YH, 11.15am to 12pm.
April No booking required - Free

27 **Rebalance chair fitness exercise class**
St Richards Community Centre, Egmont Road, BN3
April 7FP, 10am to 11am. No booking required - Free

27 **Dancing for health and wellbeing**
By Rosaria Gracia Dance. Online, from 10am to
April 11am, email info@rosaria-gracia.com to book - £4

27 **Strength and balance chair exercise class**
St George's Community Centre, BN2 1EU, 12.15pm to
April 1pm, email julia.firststepsfitness@yahoo.com - Free

27 **50+ HIIT strength and balance class**
King Alfred Leisure Centre, BN3 2WW, 9.30 to 10.15.
April via kingalfredenquiries@freedom-leisure.co.uk £8.45

27 **50+ HIIT strength and balance class**
King Alfred Leisure Centre, BN3 2WW, 10.15 to 11am.
April via kingalfredenquiries@freedom-leisure.co.uk £8.45

STAY STRONG STEADY INDEPENDENT



27 **Mindful walking**
Queens Park, BN2 0QU, 10.30am to 11.30am
April email tammymccann@bnhf.org - Donation

27 **Reconnect, Strength and Balance exercise class**
Moulsecomb Community Leisure Centre, BN2 4PB,
April 10.30am to 12.30pm, email
moulsecombenquiries@freedom-leisure.co.uk - £2.50

27 **50+ Badminton**
Portslade Sports Complex, BN41 2WS, 10am to
April 12.30pm, no booking required - £5.65

28 **Boccia (chair based ball sport)**
King Alfred Leisure Centre, BN3 2WW, 10am to
April 1.30pm. No booking required - Free

28 **Chair Yoga by Vitality Yoga**
Manor Road Gym, BN2 5EA, 10am to 11am, call
April 07788 992205 or tanyasaunders.yoga@gmail.com - Free



AGEING
WELL




Brighton & Hove
City Council

28
April **Dancing for health and wellbeing**
Online and at Bishop Hannington Hall, BN3 7LD,
11.15am to 12.15pm, email info@rosaria-gracia.com
to book - £4

28
April **The Hop50+ drop in demonstration**
St John's Church, Palmeira Square, BN3 2FL, 2pm
to 3.30pm, no booking required - Free

28
April **Tai Chi by Buqi Brighton**
Woodingdean Methodist Church, BN2 6PA, 10.45am
to 11.45am. No booking required - Free

28
April **Tuesday Gardening at community garden**
Plot 22, Weald Allotments, Weald Avenue, BN3 7JN,
10am to 2.20pm, register at plot22.org- Free

29
April **50+ Badminton**
Portslade Sports Complex, BN41 2WS, 10.30 to
1pm. No booking required - £5.65

29
April **Tai Chi in the park**
On the lawn behind the Manor, Preston Park, BN1
6SD, 11am to 12pm. No booking required - Free

29
April **50+ Forever Active, strength and balance**
Portslade Sports Complex, BN41 2WS, 9.30am to
10.30am. No booking required - £5.65

29
April **Silver Sneakers, strength and balance**
King Alfred Leisure Centre, BN3 2WW, 10am to 10.45am
via kingalfredenquiries@freedom-leisure.co.uk £8.45

29
April **Rebalance chair based exercise class**
Sloane Ct, Park Street, BN2 0DG, 10am to 11am,
no booking required - Free

29
April **Beach Tennis Lite**
Brighton Sand Court, BN1 2FN, 10.30am to 11.30am,
book at beachtennisuk.co.uk/brighton - discounted

29
April **Portslade Bowls Club - taster session**
Victoria Recreation Ground, BN41 1XD, 10.30am to
12pm. To book text 0790 481241 or email
marionjw18@gmail.com - Free

29
April **Growing Together at community garden**
Plot 22, Weald Allotments, Weald Avenue, BN3 7JN,
10.30am to 12.30pm, register at plot22.org - Free

29
April **Chair Fitness exercise class**
Prince Regent, BN1 1YA, 11.15am to 12.15pm,
princeregentenquiries@freedom-leisure.co.uk- £8.60

Improved strength – makes getting up, carrying shopping, and tackling stairs feel more doable



29 **Hangleton & Knoll, health drop-in session**
April St Richards Community Centre, BN3 7FP, 1pm to 2pm, no booking required - Free

29 **Hawks 50+ Gentle Chair Based exercise**
April Robert Lodge Community Rooms, Manor House, BN2 5GG, 1.30pm to 2pm, no booking required - Free

29 **DiVibe Seated Dance Fitness class**
April St Richard Community Centre, BN3 7FP, 2pm to 3pm, register at divibe.co.uk - Free

29 **Brazilian Dances**
April BHASVIC Drama Studio, BN3 6EG, 7pm to 8pm, email info@rosaria-gracia.com to book - £9

29 **Walking Rugby**
April Hove Recreational Ground, BN3 6NQ, 7.30pm to 8.30pm. No booking required - Free

30 **Dance fitness by Vida Foundation**
April 74 Blatchington Rd, BN3 3YH, 10.15am to 11pm. No booking required - Free

30 **Chair and Wall Pilates by Exercise for All**
April Cornerstone Community Centre, BN3 2FL, 9.15am to 10.15am, no booking required - £3

30 **Chair based Pilates by Exercise for All**
April Cornerstone Community Centre, BN3 2FL, 10.15am to 11.15am, no booking required - £3

30 **Gyrokinesis strength and balance exercise**
April Samurai Centre Brighton, BN1 4GQ, 10.30 to 11.30, rosaria-gracia.com/events - £10

30 **50+ Social Ping, movement class**
April Hangleton Community Centre, BN3 8BW, 10.30am to 12.30pm, no booking required - first session free (£3)

30 **50+ Multi Sports, racquet and paddle sports**
April King Alfred Leisure Centre, BN3 2WW, 10 .30am to 12.30pm, email kingalfredenquiries@freedom-leisure.co.uk - £5.75

30 **Taijiwuxigong, self-healing exercises by Buqi Brighton**
April St Matthias Church Hall, BN1 6JG, 11am to 12pm, no booking required - Free

30 **Chair Yoga by Vitality Yoga**
April Manor Road Gym, BN2 5EA, 11.30am to 12.30pm, call 07788 992205 or tanyasaunders.yoga@gmail.com - Free

Improved balance – helps people stay steady on their feet and move with confidence



30

April

Rise & Shine, Dance and Movement by South East Dance

The Dance Space, 2 Market Sq, BN2 9AS, 2.15pm to 3.15pm. No booking required - £5

1

May

Chair Yoga, chair based exercise

Prince Regent, BN1 1YA, 10.45am to 11.45am
princeregentenquiries@freedom-leisure.co.uk - £8.60

1

May

Gyrokinesis strength and balance exercise

Online class, 10.30am to 11.30am, register at
rosaria-gracia.com/events - £10

1

May

Strength and Balance Mobility chair exercise class

Hollingdean Community Centre, BN1 7BH, 11am to 12pm, email julia.firststepsfitness@yahoo.com - Free

1

May

Portslade Bowls Club - taster session

Victoria Recreation Ground, BN41 1XD, 6pm to 7.30pm, text 0790 481 241 or email marionjw18@gmail.com - Free

2

May

Beach Tennis Lite

Brighton Sand Court, BN1 2FN, 12.30pm to 1.30pm, register at beachtennisuk.co.uk/brighton - **discounted**

2

May

The Drive Bowling Club - have a go at bowling

(next to the conservatory) The Drive, BN3 3PN, 10.30am to 12.30pm, email susangorman51@gmail.com - Free

2

May

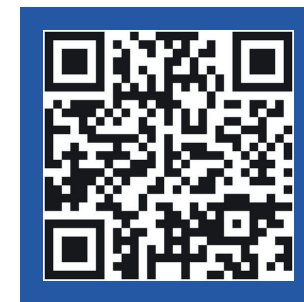
Dance fitness by Vida Foundation

74 Blatchington Rd, BN3 3YH, 10.15am to 11pm. No booking required - Free

Reduced risk of falls – fewer slips and injuries, and more confidence getting about

Social benefits – a reason to get out, meet people, and have a chat as well as a stretch

Scan for more info



ageingwellbh.org/whats-available/strength-balance/



For more information,

Call: 0808 175 3234 **Text:** 07770 061 072

email: info@ageingwellbh.org

