**Other Activities to Look Out For**

**Wight Seated Exercise** This exercise class will now be **held weekly** on **Thursdays from 10am–11.30am**, at the Methodist Chapel. Designed to strengthen all parts of the body and is suitable for all ages and abilities. The most fun you will ever have sitting down! The class finishes about 11am and is followed by social time with tea & coffee. For more information call Paul on 07527 956971.

**Tai Chi** Regular classes are now well underway. They are suitable for all ages; beginners are especially welcome as are members with disabilities.  You need no special equipment or clothing to join in.  Just bring along a sense of humour and a willingness to learn! Classes are held on **6th, 20th** & **27th April**, 10am-11am in the Wilberforce Hall, £5 per session. Contact Cliff Broomfield 07875 160247.

**LOOK OUT FOR OTHER ACTIVITES TAKING PLACE IN THE SHORWELL EDITION OF THIS NEWSLETTER**.

If you have any concerns about the welfare of a neighbour or want any help yourself, including transport to the Surgery, you can also contact the Good Neighbour Scheme AgeUKIW on 01983 525282.

**If you are interested in finding out more about any of the above events or have ideas for other activities please contact Judith Stratton AgeUKIW Community Development Officer on 525282 or email** **judith.stratton@ageukiw.org.uk**

***The Brighstone Community Coffee Morning is a partnership event coordinated by AgeUKIW, the Methodist Church, Brighstone and the Church of England***.



**LOOK INSIDE!**



**Community Coffee Morning**

**Open Doors**

**Every Tuesday from 10–12noon**

**Methodist Church, BRIGHSTONE**

**Coffee Chatter Friendship**

**Hand massages Quizzes**

**Visiting organisations**

**Fun!**

**Community Coffee Morning**

**Age UKIW Drop-in sessions** are now held at the Methodist Chapel, Brighstone, as part of the regular coffee morning.

Join us for coffee and a chat or pop in to talk to your local AgeUKIW representatives about remaining independent in your own home or other issues that are part of later life.

**Computer help** David will be on hand every Tuesday to offer support with your computer, digital camera or mobile phone.

Here’s what we have planned for April:

**5th April CAKE WEEK** & **Book/DVD Sale!**

**‘Action on Hearing Loss’** will be in the Wesley Room.

Lorraine Skipper from the **Red Cross Equipment loans Service** will be bringing in equipment for you to try as well as fitting new ferrules (rubber stoppers) to your **walking sticks**.

**12th April** Coffee morning as Usual

**19th April Sam Brooks, Health Trainer** will be visiting. Are you fit and ready for Spring? Do you want to feel healthier in 2016? If so Sam is the person you need to see!

Health Trainers are specially trained people who understand how hard it can be to change the habits of a lifetime and are here to help you make that first step to a different life. Sam can offer advice on healthy diets, exercise, giving up smoking and other health related issues.

**26th April** Coffee morning as Usual

**Help to get to Coffee Mornings** If you are genuinely in need of a lift and would like to join us, please let one of the Coffee Morning Volunteers know, and we will do our best to arrange a lift for you.

**Terry’s Coffee Mornings**

If you enjoy the coffee mornings at the Methodist Chapel, why not meet up again at the smaller, informal coffee mornings held fortnightly on Wednesday’s. Here are the details:

**6th April** Pam Margham, 8 Ashley Way

**20th April** Alison Harding, The Elms, New Road

Terry is looking for new people to host these events. If you are interested in holding one or two coffee mornings a year in your own home please contact Terry on 740456.

**New Activities!**

**Ukulele Lessons** Do you fancy **learning the ukulele**? This month we start classes in the Methodist Chapel, **2.30 to 4.30 for 6 Saturdays from 2nd April.** The 6 week course will cost £30. If you are interested in finding out more please contact Verity Bird at nvrft@yahoo.com or Judith Stratton on 525282.

**Blokes, Bacon Butties and Banter** On **Wednesday 20th April** we are holding our second ‘get together’ (in Shorwell) for men to come along and have a chat and bacon butty! 15 people came along to our first meeting; it was a very friendly and relaxed morning with copious cups of tea and coffee, biscuits and bacon butties on offer (donations gratefully received). If you fancy playing table tennis or other indoor games they are available but if you just fancy putting the world to rights then that’s fine by us! Why not come along and gives us your views on what you would like to do? We will design future events that match your interests.

So come on and get out the house for a couple of hours and have a chin wag. We meet at **Shorwell Village Hall 10 am - 12 noon**.

The FYT Bus drops you off at the door and the times will link with the meeting.