

Community Activities in East Lindsey Self Care Week 12th – 16th November 2018

Monday 12th November	<p>Dementia Friendly Swimming Meridian Leisure Centre, Louth, 12pm-1pm £3.40 Concession, £3.75 MV card, £4.55 non MV card £4.55. Carers free of charge.</p> <p>TED CHAPS – healthy cooking course for men Trinity Centre, Louth, 1.30pm-3pm Free activity Beginner cooking sessions for Over 50s - All ingredients provided</p> <p>GOGA - Over 50s Badminton Meridian Leisure Centre, Louth, 10am-11am, £4 per person Join us for a fun activity in a great social setting. Everyone is welcome, no experience required and all equipment is provided. Please bring a drink and wear comfortable clothing.</p> <p>GOGA - Adult Tap Classes Eastgate Union Church Hall, Louth Monday 5th November to 10th December 2018, 2pm-3pm, £5 per person Everyone welcome, tap shoes optional or similar heeled dance shoes. Wear comfortable clothing and please bring a drink.</p>
Tuesday 13th November	<p>Department of Work & Pensions Health & Work Event Tuesday 13th November, 11am-3pm at Trinity Centre, Eastgate, Louth Come along to meet the team from Magna Vitae to find out more about activities and services in your local area.</p>
Wednesday 14th November	<p>Still Me Dementia Friendly Activities Marisco Medical Practice, Mablethorpe, 10am-11:30am, Free activity Come and try an array of accessible activities including new-age kurling, seated exercise, arts, crafts, singing and more.</p> <p>Still Me Dementia Friendly Activities Memories Matter Dementia Café, Trinity Centre, Louth, 2pm-4pm, Free activity Come and try an array of accessible activities including new-age kurling, seated exercise, arts, crafts, singing and more.</p> <p>CHAPS – Badminton for the over 50s John Spendluffe Sports Hall Alford, 5.30pm-7.30pm, Free activity Wear comfortable clothing and please bring a drink.</p> <p>GOGA - Walking Football On the all weather outdoor pitch at Wainfleet Road, Pavilion in Skegness, 10am-11am £3 per person Everyone is welcome. Wear comfortable clothing and please bring a drink. Free hot drinks provided.</p>

Still Me Dementia Friendly Activities

Sellwood Gardens, Horncastle, 2pm-4pm

Free activity as part of the Memory Support Group. Come and try an array of accessible activities including new-age kurling, seated exercise, arts, crafts, singing and more.

The Storehouse Walk

Starting and finishing at The Storehouse in Skegness at 11:30am, approximately 30 minutes long.

Free activity.

The walks will support the Skegness Food Bank. Magna Vitae through the GOGA project will donate supplies for every new individual participant that attends a walk.

Wear comfortable shoes, trainers or walking shoes/boots if you have them. Wear suitable clothing for the weather conditions. Free refreshments are available at the end of each walk.

**Thursday
15th
November**

Over 50s Table Tennis

Meridian Leisure Centre in Louth, 1pm-2pm, £2 per person

Join us for a fun activity in a great social setting. Everyone is welcome, no experience is required and all equipment is provided. Please bring a drink and wear comfortable clothing.

Walking Hockey

All weather outdoor pitch at London Road Pavilion in Louth, 7:30pm-8:30pm, £3 per person

Join us for a fun activity in a great social setting, everyone is welcome, no experience is required. Warm clothing advised, trainers essential and please bring a drink. Equipment is provided.

TED - Fitness, Food & Friends

The Hub, Saxon Fields, Skegness, 10.30am-12.30pm

Free activity.

Benefit from social activities, come along and try out a range of exercises, new recipes and lifestyle tips.

CHAPS - Fish on Friday Activities

Trinity Centre, Louth, 1pm-2pm

Free activity

Come and try an array of accessible activities including new-age kurling and seated exercise.

**Friday 16th
November**

Fitness and Friends

North Somercotes Village Hall, 10am-11am, £4 per person.

Join us for some fun activities in a great social setting and enjoy free refreshments on us. Wear comfortable clothing. Equipment is provided.

TED - Fitness, Food & Friends

Holton Le Clay Village Hall, 2pm-4pm

Free activity.

Benefit from social activities, come along and try out a range of exercises, new recipes and lifestyle tips.