

## Hythe and Lyminge

To Book Call:-

Age UK Hythe and Lyminge 01303 269 602

<b>Activity</b>	<b>Day &amp; Time</b>	<b>Frequency</b>	<b>Cost</b>	<b>Location</b>	<b>Description</b>	<b>Provider</b>
Golden Oldie Youth Club	Mon – Fri 10:30-14:30	Daily	£31.40	Age UK Hythe CT216BD	Full day of activities with a 2-course lunch, transport is available of this service	Age UK H&L
Seated Exercise	Mon & Weds 10:30 -11:30	2 x Weekly	£7.30	Age UK Hythe CT216BD	Fun Fitness activity, suitable for all	Age UK H&L
Bingo	Mon 14:30	Weekly	£7.30	Age UK Hythe CT216BD		Age UK H&L
Fit & Fun	Tues 10:30 - 11:30	Weekly	£7.30	Age UK Hythe CT216BD	A range of fun Fitness activities	Age UK H&L
Crafty Tuesday	Tues 13:00 – 14:30	Weekly	£10.00	Age UK Hythe CT216BD	Crafts, Hobbies and painting activities	Age UK H&L
Activity Medley	Tues 13:30 -14:30	Weekly	£7.30	Age UK Hythe CT216BD	Quizzes, Board games, reminiscence	Age UK H&L
Book Club	Weds 17:00 – 19:00	Monthly	£7.30	Age UK Hythe CT216BD	Monthly Book group	Age UK H&L
Thursday Thinkers	Fri 10:30 – 11:30	Weekly	£7.30	Age UK Hythe CT21 6BD	Quizzes, Reminiscence activities	Age UK H&L
Get Active	Fri 13:30 - 14:30	Weekly	£7.30	Age UK Hythe CT21 6BD	Skittles, Curling, Boules	Age UK H&L
Activity Medley	Fri 10:30 – 14:30	Weekly	£7.30	Age Uk Hythe CT21 6BD	Arts, Crafts and board games	Age UK H&L
Shed Project	Fri 13:30 - 14:30	Weekly	£7.30	Age Uk Hythe CT21 6BD	Making, mending and painting activities based in our garden shed	Age UK H&L
Seated Yoga	Mon 12:15 – 13:15	Weekly	£7.30	Hythe Cricket Club CT216AX		Age UK H&L
Low Impact Aerobics	Weds 10:00 10:45	Weekly	£7.30	Guide Hall Hythe, CT21 6JQ		Age UK H&L
Weekend Wellness Yoga	Sun 10:30 – 11:30	Weekly	£7.30	Age Uk Hythe CT21 6BD		Age UK H&L