



Portsmouth  
CITY COUNCIL

WELCOME TO THE

60+

+ FESTIVAL +

2024  
PORTSMOUTH

**Monday 30 September – Sunday 13 October 2024**

Festival of activities and events for over 60s living in Portsmouth



# Foreword

from the Lord Mayor of Portsmouth,  
**Councillor Jason Fazackarley**

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**Welcome to Portsmouth City Council's 60+ Festival 2024 brochure. It is a real pleasure to look ahead at the many and varied opportunities this year's festival holds to have fun, learn, get active and meet up with people.**

Having looked at the festival programme there is truly something for everyone.

Whether you enjoy music, sport, Bridge or philosophy. For those who enjoy keeping active there is Zumba, wellbeing walks, dance fitness.

There is also lots to do for the history buffs amongst us with talks on D-Day, Ancestry with a Find my Past Workshop and the Conan Doyle Collection (Richard Lancelyn Green Bequest). This is just a short taste of what the festival has to offer.

I would like to say a great thank you to all those whose hard work has made this festival possible.

This is going to be a great festival, I hope you enjoy it!

Take care and best wishes,

**Cllr Jason Fazackarley**

Lord Mayor of Portsmouth



# Foreword

from the Leader of Portsmouth City Council,  
**Councillor Steve Pitt**

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Once again Portsmouth City Council is delighted to be hosting the 60+ Festival starting 30 September and running until 13 October 2024. The festival aims to bring people together to find out about the amazing range of activities, clubs and events that happen across this city throughout the year.

From walking tours and groups to more active pursuits such as exercise classes and other types of fitness activities, there is something for everyone!

Get together, make new friends and explore and enjoy what this city has to offer for those who are 60+.

Make sure you get involved over the two weeks to find out what works for you and don't be afraid to try out new things!

Thank you to each of the organisers and clubs who are participating in this festival and bringing it to all the 60+ people in the city.

## **Cllr Steve Pitt**

Leader

Cabinet Member for Culture, Regeneration & Economic Development

Portsmouth City Council

## **How to book**

### **Welcome to your guide to the 60+ Festival 2024!**

You are welcome to just turn up for lots of the activities in this brochure. If an activity requires pre-booking this will be stated.

If the activity description states that places are limited, please be prepared to turn up early to secure your space, places will be allocated on a first come first served basis. We hope that you enjoy the festival!

**The Events Team**

# 60+ Festival at a Glance

## Week one: 30 September to 6 October

Monday 30 September	Page	Start	End
Stay Zen Yoga: Gentle and Relaxing Yoga for Beginners	8	9am	10am
Zumba Gold: over 55s	8	10.30am	11.20am
Wellbeing walk	8	10.30am	11.15am
Wellbeing walk: Derby Road	8	12.15pm	1.15pm
Wellbeing walk: pier to pier	8	1pm	2pm
Social bridge using ACOL	8	1pm	4pm
Pompey Pensioners open campaign meeting	8	1.30pm	3.30pm
U3A - World of Books	9	2pm	4pm
Live Well – seated movement to music	9	3pm	4pm
Tuesday 1 October	Page	Start	End
Wellbeing walk: Stamshaw Foreshore	9	10.30am	11.30am
Wellbeing walk: Civic Offices	9	12.15pm	1.10pm
Wellbeing walk: park to park	9	1pm	1.45pm
Smart shopping	9	1pm	3pm
IT support drop in	9	1pm	3pm
Scrabble	9	1pm	4pm
Live Well - seated movement to music	10	2pm	4pm
Bridge at Southsea Bridge Club	10	6.45pm	10.30pm

Wednesday 2 October	Page	Start	End
Use the internet in a safe and private way	10	9.30am	11am
University of Portsmouth School of Sport, Health and Exercise Science	10	10am	11.30am
Cooking for diabetes	10	10am	12pm
Pencil drawing	10	10am	12pm
Reading group	10	10.30am	11.30am
Wellbeing walk: Baffins Pond (short and long walks)	11	10.30am	11.30am
Wellbeing walk: Canoe Lake	11	10.30am	11.30am
Portsmouth and D-Day	11	11am	12pm
Dance Fitness with Katie from Sarah Moore Dance	11	12pm	1pm
Bridge at Southsea Bridge Club	11	12.45pm	4.30pm
Conan Doyle Collection: an introduction	11	1pm	2pm
Wellbeing walk: Old Portsmouth walk	11	1.30pm	2.30pm
Nature Activity: how to attract and support wildlife	12	1.30pm	3.30pm
Indoor bowls	12	2pm	4pm

<b>Thursday 3 October</b>	<b>Page</b>	<b>Start</b>	<b>End</b>
Cook yourself gluten free	12	10am	12pm
Charcoal Drawing	12	10am	12pm
Digital library workshop	12	10am	12pm
Wellbeing walk: Hilsea Lines	12	10.30am	11.30am
Zumba Gold: over 55s	13	11am	11.50pm
Introduction to researching your family tree	13	11am	1pm
Portsmouth Pensioners' Association: wartime experiences and memories	13	11am	1pm
Introduction to Ancestry	13	1pm	3pm
Bridge at Southsea Bridge Club	13	1.30pm	4.30pm
Stay Zen Yoga: gentle and relaxing yoga for beginners	13	5.45pm	6.45pm
Stay Zen Yoga: gentle and relaxing yoga for beginners	14	7pm	8pm

<b>Friday 4 October</b>	<b>Page</b>	<b>Start</b>	<b>End</b>
Treadgolds community gardening project	14	10am	12pm
Digital library workshop	14	10am	12pm
Bransbury art group	14	10am	12pm
U3A - MahJong	14	10am	12pm
Murphy foot care	15	10am	2pm
Wellbeing walk: Seafront	15	10.30am	11.30am
Bridge at Southsea Bridge Club	15	12.45pm	4.30pm
Coffee and Company	15	1.30pm	3pm
<b>Saturday 5 October</b>	<b>Page</b>	<b>Start</b>	<b>End</b>
Wellbeing walk: Blue Lagoon	15	10.30am	11.30am
<b>Sunday 6 October</b>	<b>Page</b>	<b>Start</b>	<b>End</b>
Wellbeing walk: Canoe Lake	15	10.30am	11.30am
Tour of Portsmouth Cathedral Bell Tower and 150-year old clock	15	2pm	2.50pm
Wellbeing walk: Milton Foreshore	16	2.30pm	3.30pm
Tour of Portsmouth Cathedral Bell Tower and 150-year old clock	16	3pm	3.50pm

## Week two: 7 to 13 October

Monday 7 October	Page	Start	End
Stay Zen Yoga: gentle and relaxing yoga for beginners	16	9am	10am
Creating an email using Gmail workshop	16	10am	12pm
Zumba Gold: over 55s	16	10.30am	11.20am
Wellbeing walk: Victoria Park	17	10.30pm	11.15am
Wellbeing walk: Derby Road Post Office	17	12.15pm	1.15pm
Wellbeing walk: pier to pier	17	1pm	2pm
Monthly Meeting Portsmouth Pensioners' Association	17	1.30pm	3.30pm
Live Well: seated movement to music	17	2pm	4pm
Social bridge using ACOL	17	1pm	4pm
U3A - World of Books	17	2pm	4pm

Tuesday 8 October	Page	Start	End
Soft Pastel	17	10am	12pm
Wellbeing walk: Stamshaw Foreshore	18	10.30am	11.30am
Wellbeing walk: Civic Offices walk	18	12.15pm	1.10pm
Wellbeing walk: park to park	18	1pm	1.45pm
IT support drop in	18	1pm	3pm
Live Well: seated movement to music	18	2pm	3pm
Introduction to Facebook	18	1pm	3pm
Scrabble	18	1pm	4pm
Wellbeing walk: Wake Park	18	2pm	3pm
Bridge at Southsea Bridge Club	19	6.45pm	10.30pm

<b>Wednesday 9 October</b>	<b>Page</b>	<b>Start</b>	<b>End</b>
Use the internet in a safe and private way	19	9.30am	11am
Cooking for wellbeing	19	10am	12pm
Staying safe online	19	10am	12pm
Wellbeing Walk: Baffins Pond (short and long walks)	19	10.30am	11.30am
Wellbeing walk: Canoe Lake	19	10.30am	11.30am
Talk: The Overlord Embroidery	19	11am	12pm
Dance Fitness with Katie from Sarah Moore Dance	20	12pm	1pm
Bridge at Southsea Bridge Club	20	12.45pm	4.30pm
Conan Doyle Collection: an introduction	20	1pm	2pm
Once Upon a Time: a look inside the stories I have grown up with	20	1.30pm	2.30pm
Wellbeing walk: Old Portsmouth	20	1.30pm	2.30pm
Wellbeing walk: Portchester Castle	20	2pm	3pm
Indoor bowls	21	2pm	4pm

<b>Thursday 10 October</b>	<b>Page</b>	<b>Start</b>	<b>End</b>
Portsmouth Pensioners' Association Round the Island Cycle Ride	21	10am	2pm
Cooking for the soul	21	10am	12pm
Watercolour	21	10am	12pm
U3A - MahJong	21	10am	12pm
Zumba Gold: over 55s	21	11am	11.50am
Introduction to Ancestry	21	1pm	3pm
Bridge at Southsea Bridge Club	21	1.30pm	4.30pm
Stay Zen Yoga: gentle and relaxing yoga for beginners	22	5.45pm	6.45pm
Stay Zen Yoga: gentle and relaxing yoga for beginners	22	7pm	8pm
<b>Friday 11 October</b>	<b>Page</b>	<b>Start</b>	<b>End</b>
Veterans' Breakfast Club	22	10am	11.30am
Treadgolds community gardening project	22	10am	12pm
Bransbury art group	22	10am	12pm
Coffee and Company	23	1.30pm	1pm
Bridge at Southsea Bridge Club	23	12.45pm	4.30pm
<b>Sunday 13 October</b>	<b>Page</b>	<b>Start</b>	<b>End</b>
Still Moving: a celebration of older people moving	23	11am	1pm

# Monday 30 September

## Stay Zen Yoga: gentle and relaxing yoga for beginners

Join Corine on your Yoga journey and experience the many benefits of Yoga including improved flexibility, strength, balance, and overall wellbeing.

Yoga is a journey of self-discovery, celebrating our beautiful imperfections and every stumble on the mat, all whilst having fun and exploring your body.

Bring a yoga mat (or let me know if you need one), water, and wear comfortable clothing.

**Time:** 9am – 10am  
**Venue:** Eastney Community Centre, Bransbury Park, Bransbury Road, Southsea, PO4 9SU  
**Cost:** £7  
**Booking:** You can make your booking online at [www.stayzenyoga.com](http://www.stayzenyoga.com) or email [corine@stayzenyoga.com](mailto:corine@stayzenyoga.com) Call **07478 456331** for a chat or to book a class.

## Zumba Gold: over 55s

This is a dance exercise class especially aimed at the active older adult. Set to Latin songs and also songs you know. Easy steps but challenging enough. Great for improving agility, balance and general wellbeing and fitness. Make new friends. It's really good fun.

**Time:** 10.30am – 11.20am  
**Venue:** Eastney Community Centre, Bransbury Park, Bransbury Road, Southsea, PO4 9SU  
**Cost:** £5  
**Booking:** No booking required

## Wellbeing walk

A wellbeing walk around Victoria Park, run in Partnership with the Ramblers and Portsmouth City Council. Meet new people and enjoy the fresh air.

Call **023 9284 1762** for more information.

**Time:** 10.30am – 11.15am  
**Venue:** Victoria Park Lodge, Anglesea Road, Portsmouth, PO1 3HJ  
**Cost:** Free to attend  
**Booking:** No booking required

## Wellbeing walk: Derby Road

A wellbeing walk from Derby Road Post Office, over to the Stamshaw foreshore. Meet new people and enjoy the fresh air.

Call **023 9284 1762** for more information.

**Time:** 12.15pm – 1.15pm  
**Venue:** 6A Derby Road, Portsmouth, PO2 8HH  
**Cost:** Free to attend  
**Booking:** No booking required

## Wellbeing walk: pier to pier

Wellbeing walk from South Parade Pier to Clarence Pier and back. A moderate paced walk, meet up for tea and coffee after if you wish. Meet new people and get outside in the fresh air.

Call **023 9284 1762** for more information.

**Time:** 1pm – 2pm  
**Venue:** South Parade Pier, South Parade, Southsea, PO4 0SW  
**Cost:** Free to attend  
**Booking:** No booking required

## Social bridge using ACOL

We play social bridge at the Havelock Community Centre every Monday afternoon, excluding Bank Holidays. We charge £3 per person for each session to pay for the hire of the room. All equipment is supplied.

**Time:** 1pm – 4pm  
**Venue:** Havelock Community Centre, 324 Fawcett Road, Southsea, PO4 0LQ  
**Cost:** £3  
**Booking:** Call **07307 632290**

## Pompey Pensioners Open Campaign Meeting (PPA is not affiliated to any political party)

What are the key issues facing the 36,000 older people in the city? Which policy issues should we be campaigning on in the future - locally and nationally? (Triple lock, winter fuel allowance, Waspi, inequality in health and longevity, funding social care, TV licence, crime and scams, NHS appointments and dentists, inheritance tax, environmental pollution, the idea of having commissioner for older people advocated by Age UK?) Come along and give your views.

**Time:** 1.30pm – 3.30pm  
**Venue:** Guildhall Council Chamber, Guildhall, Guildhall Square, PO1 2AL  
**Cost:** Free to attend  
**Booking:** No booking required



### U3A - World of Books

This group reads and discusses poems, and also Audrey leads the study of a novel.

**Time:** 2pm – 4pm  
**Venue:** The Hub, Somerstown Community Centre, River Street, Portsmouth  
**Cost:** Free to attend  
**Booking:** No booking required

### Live Well: seated movement to music

This seated movement session is an hour of moving your body to music aimed at enhancing your physical and emotional wellbeing. The session is fun, friendly and inclusive. Suitable for adults with mobility issues, physical disabilities, health conditions, dementia, allowing the participant to work at their own pace, doing as much or as little as their body wants to do that day. Please wear comfy clothes and bring a bottle of water.

**Time:** 3pm – 4pm  
**Venue:** Milton Village Hall, 182 Milton Road, Southsea, PO4 8PR  
**Cost:** £4  
**Booking:** No booking required

## Tuesday 1 October

### Wellbeing walk: Stamshaw Foreshore

Wellbeing walk from Buckland Community Centre along to Stamshaw Foreshore. Meet new people and get outside in the fresh air. A moderate paced walk.

Call **023 9284 1762** for more information.

**Time:** 10.30am – 11.30am  
**Venue:** Buckland Community Centre, Malins Road, Portsmouth, PO2 7BT  
**Cost:** Free to attend  
**Booking:** No booking required

### Wellbeing walk: Civic Offices

A wellbeing walk from the Civic Offices along to the seafront. A fast paced walk, with some cobbled streets along the way. Meet new people and get outside in the fresh air.

Call **023 9284 1762** for more information.

**Time:** 12.15pm – 1.10pm  
**Venue:** Civic Offices, Guildhall Square, Portsmouth, PO1 2AL  
**Cost:** Free to attend  
**Booking:** No booking required

### Wellbeing walk: park to park

A wellbeing walk from Eastney Community Centre to Milton Park. A slow paced walk as an introduction back to walking.

**Time:** 1pm – 1.45pm  
**Venue:** Eastney Community Centre, Bransbury Park, Bransbury Road, Southsea, PO4 9SU  
**Cost:** Free to attend  
**Booking:** No booking required

### Smart shopping

This workshop will introduce you to using price comparison sites in a small and supported group. Come along and find out how you can use a computer to help you to get the best deal and shop around in the comfort of your own home. Don't worry, you don't need to be a digital expert!

**Time:** 1pm – 3pm  
**Venue:** Learning Place, 6 Derby Road, Portsmouth, PO2 8HH  
**Cost:** Free to attend  
**Booking:** Call **023 9262 1860**

### IT support drop in

Supporting people to use their devices and how to use them to the best of their abilities and to be able to communicate, use public services and access interesting hobbies online. We also help with troubleshooting and support digital learning.

**Time:** 1pm – 3pm  
**Venue:** The Bradbury Centre, 16-18 Kingston Road, Portsmouth, PO1 5RZ  
**Cost:** £5  
**Booking:** Call **023 9286 2121**

### Scrabble

Just bring yourselves! We will provide all the scrabble boards/tiles/racks. We are a friendly group with various age ranges, come and have some fun playing scrabble.

**Time:** 1pm – 4pm  
**Venue:** Havelock Community Centre, 324 Fawcett Road, Southsea, PO4 0LQ  
**Cost:** Free to attend  
**Booking:** No booking required

### Live Well - seated movement to music

This seated movement session is an hour of moving your body to music aimed at enhancing your physical and emotional wellbeing. The session is fun, friendly and inclusive. Suitable for adults with mobility issues, physical disabilities, health conditions, dementia, allowing the participant to work at their own pace, doing as much or as little as their body wants to do that day. Please wear comfy clothes and bring a bottle of water.

**Time:** 2pm – 3pm  
**Venue:** Havelock Community Centre,  
324 Fawcett Road, Southsea, PO4 0LQ  
**Cost:** £4  
**Booking:** No booking required

### Bridge at Southsea Bridge Club

Have you ever wanted to give Bridge a try? Played Bridge before but a bit rusty? We have beginners' classes on Thursdays. Already a player? We have duplicate sessions on Tuesday evenings and Wednesday and Friday afternoons. If you need a partner then please let us know. We look forward to meeting you.

**Time:** 6.45pm to 10.30pm  
**Venue:** 63A Osborne Road, Southsea, PO5 3LS  
**Cost:** £2  
**Booking:** Call **07811 115387**

## Wednesday 2 October

### Use the internet in a safe and private way

With identity theft, online scams and social profiling hot topics in the news, more people are seeking ways to learn how to protect themselves from these and other online threats. Offering practical steps that are easy to understand and implement, join us to learn how to protect your online safety and privacy, and that of your family.

**Time:** 9.30am – 11am  
**Venue:** 19-21 Palmerston Road,  
Portsmouth, PO5 3QQ  
**Cost:** Free to attend  
**Booking:** Call **023 9268 8997**

### University of Portsmouth School of Sport, Health and Exercise Science

Come along for a tour of our laboratory facilities to learn about our research in extreme environments and physical activity, health and rehabilitation. We will demonstrate the many different types of kit that we use in our research, including a special environmental chamber with a swimming flume, ultrasound, motion capture and more.

**Time:** 10am – 11.30am  
**Venue:** Spinnaker Sports Centre, Cambridge Road,  
Portsmouth, PO1 2ER  
**Cost:** Free to attend  
**Booking:** Email **daniel.piccolo@port.ac.uk**

### Cooking for diabetes

Manage your diabetes by learning how to cook a healthy, balanced diet. Cooking from scratch gives you control over what you eat.

Please advise us of any food allergies or dietary requirements when booking and bring a container with you to take your freshly cooked food home.

**Time:** 10am – 12pm  
**Venue:** Learning Place, 6 Derby Road,  
Portsmouth, PO2 8HH  
**Cost:** Free to attend  
**Booking:** Call **023 9262 1860**

### Pencil drawing

Learn the basics of pencil drawing in this taster session, run by an experienced tutor. If you have pencils, rubber, paper, blender, sharpener, you can bring these with you, if not then all materials will be provided. This session is run by the City of Portsmouth College and is free, however you will be required to fill in an enrolment form to participate.

**Time:** 10am – 12pm  
**Venue:** Southsea Library, 19-21 Palmerston Rd,  
Southsea, PO5 3QQ  
**Cost:** Free to attend  
**Booking:** Email **amy.routledge@copc.ac.uk**

### Reading group

We meet on the first Wednesday of the month and discuss books provided by Portsmouth Libraries the month before. We have coffee afterwards.

Call **07307 632290** for more information.

**Time:** 10.30am – 11.30am  
**Venue:** Southsea Library, 19-21 Palmerston Road,  
Southsea, PO5 3QQ  
**Cost:** Free to attend  
**Booking:** No booking required

### Wellbeing walk: Baffins Pond (short and long walks)

A wellbeing walk from Baffins Pond, an option for both a short and long walk. Meet new people and get outside in the fresh air. Option to join the walkers for a tea/coffee after in a local cafe.

Call **023 9284 1762** for more information.

**Time:** 10.30am – 11.30am  
**Venue:** Alderman Lacey Library, 98 Tangier Road, Portsmouth, PO3 6HU  
**Cost:** Free to attend  
**Booking:** No booking required

### Wellbeing walk: Canoe Lake

A wellbeing walk from Canoe Lake Cafe. Meet new people and come along to walk outside in the fresh air. A moderate paced walk.

Call **023 9284 1762** for more information.

**Time:** 10.30am – 11.30am  
**Venue:** Canoe Lake, St Helens Parade, Southsea, PO4 9RG  
**Cost:** Free to attend  
**Booking:** No booking required

### Portsmouth and D-Day

This year marks the 80th anniversary of D-Day. Come and find out how the Portsmouth area contributed to launching and supporting the Normandy Landings of 1944. This talk will be delivered by Andrew Whitmarsh, The D-Day Story's curator and author of 'Portsmouth at War'.

**Time:** 11am – 12pm  
**Venue:** D-Day Museum, Clarence Esplanade, Southsea, PO5 3NT  
**Cost:** Free to attend  
**Booking:** No booking required

### Dance Fitness with Katie from Sarah Moore Dance

Come and join the Party! Dance fitness is the perfect class for those who love to dance and want to boost their fitness. Our sessions feature easy-to-follow routines set to a variety of music genres, including pop, Latin, country, musical theatre, and more. Whether you're new to exercise or returning after a break, this class is designed for all abilities. Please wear trainers and clothes you can move in.

**Time:** 12pm – 1pm  
**Venue:** Canoe Lake Tennis Pavilion, Eastern Parade, Southsea, PO4 9RF  
**Cost:** £5  
**Booking:** Email [sarah@sarahmooredance.co.uk](mailto:sarah@sarahmooredance.co.uk)

### Bridge at Southsea Bridge Club

Have you ever wanted to give Bridge a try? Played Bridge before but a bit rusty? We have beginners' classes on Thursdays. Already a player? We have duplicate sessions on Tuesday evenings and Wednesday and Friday afternoons. If you need a partner then please let us know. We look forward to meeting you.

**Time:** 12.45pm – 4.30pm  
**Venue:** 63A Osborne Road, Southsea, PO5 3LS  
**Cost:** £2  
**Booking:** Call **07811 115387**

### Conan Doyle Collection: an introduction

Would you like to learn more about the The Arthur Conan Doyle Collection - Lancelyn Green Bequest? If so, come along to this informative but casual look at some of the archives and books and discover more about this fascinating collection!

**Time:** 1pm – 2pm  
**Venue:** Central Library, Guildhall Square, Portsmouth, PO1 2DX  
**Cost:** Free to attend  
**Booking:** Call **023 9268 8057** or book in person at Central Library

### Wellbeing walk: Old Portsmouth walk

A wellbeing walk around Old Portsmouth. A moderate paced walk and the option for a shorter walk. Meet new people and get outside in the fresh air. The option to join afterwards in a local cafe.

Call **023 9284 1762** for more information.

**Time:** 1.30pm – 2.30pm  
**Venue:** Royal Garrison Church Domus Dei, Penny Street, Portsmouth, PO1 2NJ  
**Cost:** Free to attend  
**Booking:** No booking required

### Nature activity: how to attract and support wildlife

This is an activity being held at the Portsmouth City Council Community Allotment. The activity is looking at how to attract and support wildlife in your garden or local area through the seasons. Also an opportunity to meet your local HIWWT Wilder Neighbourhood Officer. Please wear clothes and shoes suitable for being outdoors (there is undercover space if raining). Meet at the entrance to the Milton Piece allotments on Locksway Road.

Call the Independence and wellbeing team on **023 9284 1762** for more information.

**Time:** 1.30pm – 3.30pm  
**Venue:** Milton Piece Allotment site, Locksway Road, Portsmouth, PO4 8LF  
**Cost:** Free to attend  
**Booking:** No booking required

### Indoor bowls

Victory Indoor Bowls and Social Club invites you and your friends to 'Give it a Go' at our friendly bowls club. All equipment will be provided including tea/coffee and a cake. Please wear flattish shoes or trainers.

**Time:** 2pm – 4pm  
**Venue:** Victory Bowls Association Ltd, Northern Parade, Portsmouth, PO2 9PB  
**Cost:** Free to attend  
**Booking:** Call **07860 642400**

## Thursday 3 October

### Cook yourself gluten free

With more and more people becoming gluten/wheat intolerant this course will teach you delicious and easy recipes for you to enjoy!

Please bring a container to take your freshly cooked food home.

**Time:** 10am – 12pm  
**Venue:** Learning Place, 6 Derby Road, Portsmouth, PO2 8HH  
**Cost:** Free to attend  
**Booking:** Call **023 9262 1860**

### Charcoal Drawing

Learn the basics of charcoal drawing in this taster session, run by an experienced tutor. If you have charcoal, rubber, paper, blender, apron, cloth/paper towel, you can bring these with you, if not then all materials will be provided. This session is run by the City of Portsmouth College and is free, however you will be required to fill in an enrolment form to participate.

**Time:** 10am - 12pm  
**Venue:** Southsea Library, 19-21 Palmerston Road, Southsea, PO5 3QQ  
**Cost:** Free to attend  
**Booking:** Email **amy.routledge@copc.ac.uk**

### Digital library workshop

Free newspapers, magazines, books and music!

Did you know just by having a library card you have a world of digital entertainment at your fingertips? Come along to this friendly workshop, run by library staff who will help you get the most out of the library's digital resources.

Bring along any devices that you would like to download our apps onto to get started. That could be a tablet, such as an iPad, a mobile phone, or a laptop. Make sure you have any passwords you need for your device to access the apps as we will need to download them. Or just come along to find out what's on offer!

Please come with your Portsmouth library card number and pin. If you're not a member, no problem, we can sign you up! Book ahead as spaces are limited.

**Time:** 10am – 12pm  
**Venue:** Southsea Library, 19-21 Palmerston Road, Southsea, PO5 3QQ  
**Cost:** Free to attend  
**Booking:** Call **023 9268 8067**

### Wellbeing walk: Hilsea Lines

A wellbeing walk through Hilsea Lines. A moderate paced walk through the forest. Meet new people and get outside in the fresh air. Please note this walk can be muddy and stony. The option to come along for tea/coffee afterwards in a local cafe.

Call **023 9284 1762** for more information.

**Time:** 10.30am – 11.30am  
**Venue:** Bastion 3, Scott Road, PO3 5LX  
**Cost:** Free to attend  
**Booking:** No booking required

### Zumba Gold: over 55s

This is a dance exercise class especially aimed at the active older adult. Set to Latin songs and also songs you know. Easy steps but challenging enough. Great for improving agility, balance and general wellbeing and fitness. Make new friends. It's really good fun.

**Time:** 11 am – 11.50am

**Venue:** Eastney Community Centre,  
Bransbury Park, Bransbury Road,  
Southsea, PO4 9SU

**Cost:** £5

**Booking:** No booking required

### Introduction to researching your family tree

Have you ever wanted to research your family history but didn't know where to begin? During this session, staff from the Portsmouth History Centre will help you get started and show you how to use websites such as FindMyPast and Ancestry to help put together your family tree.

Note: due to space restrictions, there are only 10 spaces available for this session.

**Time:** 11 am – 1pm

**Venue:** Cosham Library, Spur Road,  
Portsmouth, PO6 3EB

**Cost:** Free to attend

**Booking:** Call **023 9268 8046**

### Portsmouth Pensioners' Association: Wartime Experiences and Memories

What your family and friends did before, during and after the war. Bring wartime memorabilia along. Numbers limited to 50, on a first come, first served basis.

**Time:** 11 am – 1pm

**Venue:** Dulverton Room, D-Day Story

**Cost:** Free to attend

**Booking:** No booking required

### Introduction to Ancestry

Keen to start your family tree but not sure where to start? Our workshop will give you an introduction to searching for relatives online.

**Time:** 1pm – 3pm

**Venue:** Learning Place, 6 Derby Road,  
Portsmouth, PO2 8HH

**Cost:** Free to attend

**Booking:** Call **023 9262 1860**

### Bridge at Southsea Bridge Club

Have you ever wanted to give Bridge a try? Played Bridge before but a bit rusty? We have beginners' classes on Thursdays. Already a player? We have duplicate sessions on Tuesday evenings and Wednesday and Friday afternoons. If you need a partner then please let us know. We look forward to meeting you.

**Time:** 1.30pm – 4.30pm

**Venue:** 63A Osborne Road, Southsea, PO5 3LS

**Cost:** £2

**Booking:** Call **07811 115387**

### Stay Zen Yoga: gentle and relaxing yoga for beginners

Join Corine on your Yoga journey and experience the many benefits of Yoga including improved flexibility, strength, balance, and overall wellbeing.

Yoga is a journey of self-discovery, celebrating our beautiful imperfections and every stumble on the mat, all whilst having fun and exploring your body.

Bring a yoga mat (or let me know if you need one), water, and wear comfortable clothing.

Perfect for unwinding and starting your Yoga journey!

**Time:** 5.45pm – 6.45pm

**Venue:** Eastney Community Centre,  
Bransbury Park, Bransbury Road,  
Southsea, PO4 9SU

**Cost:** £7

**Booking:** You can make your booking online at **www.stayzenyoga.com** or email **corine@stayzenyoga.com**  
Call **07478 456331** for a chat or to book a class

## Stay Zen Yoga: gentle and relaxing yoga for beginners

Join Corine on your Yoga journey and experience the many benefits of Yoga including improved flexibility, strength, balance, and overall wellbeing.

Yoga is a journey of self-discovery, celebrating our beautiful imperfections and every stumble on the mat, all whilst having fun and exploring your body.

Bring a yoga mat (or let me know if you need one), water, and wear comfortable clothing.

Perfect for unwinding and starting your Yoga journey!

**Time:** 7pm – 8pm

**Venue:** Eastney Community Centre, Bransbury Park, Bransbury Road, Southsea, PO4 9SU

**Cost:** £7

**Booking:** You can make your booking online at [www.stayzenyoga.com](http://www.stayzenyoga.com) or email [corine@stayzenyoga.com](mailto:corine@stayzenyoga.com) Call **07478 456331** for a chat or to book a class

## Friday 4 October

### Treadgolds community gardening project

The John Pounds Community Trust restored and re-imagined the historic 'Treadgolds' buildings, and community gardeners collaborated with the Trust to develop the courtyard garden to provide a seasonal hub for healthy living outdoor growing activities.

There are opportunities to volunteer and get involved with gardening at this project.

Please wear sensible footwear.

**Time:** 10am – 12pm

**Venue:** Treadgold Museum, Bishop Street, Portsmouth, PO1 3DA

**Cost:** Free to attend

**Booking:** No booking required

### Digital library workshop

Free newspapers, magazines, books and music!

Did you know just by having a library card you have a world of digital entertainment at your fingertips? Come along to this friendly workshop, run by library staff who will help you get the most out of the library's digital resources.

Bring along any devices that you would like to download our apps onto to get started. That could be a tablet, such as an iPad, a mobile phone, or a laptop. Make sure you have any passwords you need for your device to access the apps as we will need to download them. Or just come along to find out what's on offer!

Please come with your Portsmouth library card number and password. If you're not a member, no problem, we can sign you up! Book ahead as spaces are limited.

**Time:** 10am – 12pm

**Venue:** North End Library, Gladys Avenue, Portsmouth, PO2 9AX

**Cost:** Free to attend

**Booking:** Call **023 9268 8067**

### Bransbury art group

A group of people who enjoy painting. There is no tuition but we learn from each other in a social environment.

**Time:** 10am – 12pm

**Venue:** Eastney Community Centre, Bransbury Park, Bransbury Road, Southsea, PO4 9SU

**Cost:** Free to attend

**Booking:** No booking required

### U3A - MahJong

We keep it simple and play basic MahJong. We each have our own copy of the same rule book, because there seems to be so many different versions. We also keep the scoring basic according to the rules.

**Time:** 10am – 12pm

**Venue:** The Hub, Somerstown Community Centre, River Street, Portsmouth, PO5 4JJ

**Cost:** Free to attend

**Booking:** No booking required

## Murphy foot care

Foot health care specialist. Help with long or ingrowing nails, corns, callus, or any other issue with your feet. Nothing is required from the participant. Treatment will take approx. 30 minutes.

**Time:** 10am – 2pm  
**Venue:** Havelock Community Centre,  
324 Fawcett Road, Southsea, PO4 0LQ  
**Cost:** £25  
**Booking:** Call **07719 022091**

## Wellbeing walk: Seafront

A wellbeing walk along Southsea seafront. Meet new people and get outside in the fresh air. A moderate paced walk. The option to meet after in a local cafe for a catch up.

Call **023 9284 1762** for more information.

**Time:** 10.30am – 11.30am  
**Venue:** The Pyramids, Clarence Esplanade,  
Southsea, PO5 3ST  
**Cost:** Free to attend  
**Booking:** No booking required

## Bridge at Southsea Bridge Club

Have you ever wanted to give Bridge a try? Played Bridge before but a bit rusty? We have beginners' classes on Thursdays. Already a player? We have duplicate sessions on Tuesday evenings and Wednesday and Friday afternoons. If you need a partner then please let us know. We look forward to meeting you.

**Time:** 12.45pm – 4.30pm  
**Venue:** 63A Osborne Road, Southsea, PO5 3LS  
**Cost:** £2  
**Booking:** Call **07811 115387**

## Coffee and Company

Coffee and Company at the Bradbury Centre Café Age UK Portsmouth on the first and third Friday of every month from 1.30pm until 3pm. The cost is £2.50 for a cup of tea or coffee and a slice of cake.

For further information call us on **023 9286 2121**. All are welcome!

**Time:** 1.30pm – 3pm  
**Venue:** The Bradbury Centre, 16-18 Kingston Road, Portsmouth, PO1 5RZ  
**Cost:** £2.50  
**Booking:** No booking required

# Saturday 5 October

## Wellbeing walk: Blue Lagoon

Wellbeing walk from the Blue Lagoon, along the shoreline to the Mountbatten Centre. A moderate paced walk. Get outside in the fresh air and meet new people.

Call **023 9284 1762** for more information.

**Time:** 10.30am – 11.30am  
**Venue:** The Blue Lagoon, Hilsea Lido,  
London Road, Portsmouth, PO2 9RP  
**Cost:** Free to attend  
**Booking:** No booking required

# Sunday 6 October

## Wellbeing walk: Canoe Lake

A wellbeing walk from Canoe Lake. Walk along the seafront and to the rock gardens and back. Meet new people in the fresh air. A moderate paced walk. Join us for tea/coffee after in a local cafe.

Call **023 9284 1762** for more information.

**Time:** 10.30am – 11.30am  
**Venue:** Canoe Lake, St Helens Parade,  
Southsea, PO4 9RG  
**Cost:** Free to attend  
**Booking:** No booking required

## Tour of Portsmouth Cathedral Bell Tower and 150-year old clock

An opportunity to visit the bell ringing chamber and clock in the tower of Portsmouth Cathedral. See the bells, learn about the art of bell ringing, see a demonstration and hear the 150-year old clock. Please note that there is a stone spiral staircase to the climb to get up to the tower. For more information, please get in touch.

**Time:** 2pm – 2.50pm  
**Venue:** Cathedral Church of St Thomas of Canterbury, High Street, Portsmouth, PO1 2HH  
**Cost:** Free to attend  
**Booking:** Email [portsmouthtowersecretary@gmail.com](mailto:portsmouthtowersecretary@gmail.com)

## Wellbeing walk – Milton Foreshore

A wellbeing walk from the Good Companion pub over to Milton Foreshore. A moderate paced walk. Come outside in the fresh air and meet new people. The option to meet in the Good Companion after the walk.

Call **023 9284 1762** for more information.

**Time:** 2.30pm – 3.30pm  
**Venue:** Good Companion Public House,  
2 Eastern Road, Portsmouth, PO3 6ES  
**Cost:** Free to attend  
**Booking:** No booking required

## Tour of Portsmouth Cathedral Bell Tower and 150-year old clock

An opportunity to visit the bell ringing chamber and clock in the tower of Portsmouth Cathedral. See the bells, learn about the art of bell ringing, see a demonstration and hear the 150-year old clock. Please note that there is a stone spiral staircase to the climb to get up to the tower. For more information, please get in touch.

**Time:** 3pm – 3.50pm  
**Venue:** Cathedral Church of St Thomas of Canterbury, High Street, Portsmouth, PO1 2HH  
**Cost:** Free to attend  
**Booking:** Email  
[portsmouthtowersecretary@gmail.com](mailto:portsmouthtowersecretary@gmail.com)

## Monday 7 October

### Stay Zen Yoga: gentle and relaxing yoga for beginners

Join Corine on your Yoga journey and experience the many benefits of Yoga including improved flexibility, strength, balance, and overall wellbeing.

Yoga is a journey of self-discovery, celebrating our beautiful imperfections and every stumble on the mat, all whilst having fun and exploring your body.

Bring a yoga mat (or let me know if you need one), water, and wear comfortable clothing.

Perfect for unwinding and starting your Yoga journey!

**Time:** 9am – 10am  
**Venue:** Eastney Community Centre,  
Bransbury Park, Bransbury Road,  
Southsea, PO4 9SU  
**Cost:** £7  
**Booking:** You can make your booking online at [www.stayzenyoga.com](http://www.stayzenyoga.com) or email [corine@stayzenyoga.com](mailto:corine@stayzenyoga.com)  
Call **07478 456331** for a chat or to book a class

### Creating an email using Gmail workshop

This workshop will teach you how to create your own Gmail account and give you an overview of email and its uses. This workshop is suitable for people who have never used email before but you do need to be able to use a keyboard and mouse.

**Time:** 10am – 12pm  
**Venue:** Learning Place, 6 Derby Road,  
Portsmouth, PO2 8HH  
**Cost:** Free to attend  
**Booking:** Call **023 9262 1860**

### Zumba Gold: over 55s

This is a dance exercise class especially aimed at the active older adult. Set to Latin songs and also songs you know. Easy steps but challenging enough. Great for improving agility, balance and general wellbeing and fitness. Make new friends. It's really good fun.

**Time:** 10.30am – 11.20am  
**Venue:** Eastney Community Centre,  
Bransbury Park, Bransbury Road,  
Southsea, PO4 9SU  
**Cost:** £5  
**Booking:** No booking required



### Wellbeing walk: Victoria Park

A wellbeing walk around Victoria Park. A moderate paced walk. Come and join us to get outside in the fresh air and meet new people. The option to join us afterwards for refreshments in a local cafe.

Call **023 9284 1762** for more information.

**Time:** 10.30am – 11.15am  
**Venue:** Victoria Park Lodge, Anglesea Road, Portsmouth, PO1 3HJ  
**Cost:** Free to attend  
**Booking:** No booking required

### Wellbeing walk: Derby Road Post Office

A wellbeing walk from Derby Road Post Office over to Stamshaw foreshore and back. A moderate paced walk. Come along to meet new people and get outside in the fresh air. The option to join us afterwards for refreshments in a local cafe.

Call **023 9284 1762** for more information.

**Time:** 12.15pm – 1.15pm  
**Venue:** 6A Derby Road, Portsmouth, PO2 8HH  
**Cost:** Free to attend  
**Booking:** No booking required

### Wellbeing walk: pier to pier

A wellbeing walk from South Parade Pier to Clarence Pier and back. A moderate paced walk. Come along to meet new people and get outside in the fresh air. The option to join afterwards in a local cafe for refreshments.

Call **023 9284 1762** for more information.

**Time:** 1pm – 2pm  
**Venue:** South Parade Pier, South Parade, Southsea, PO4 0SW  
**Cost:** Free to attend  
**Booking:** No booking required

### Monthly Meeting Portsmouth Pensioners' Association

To discuss the future of Portsmouth's shopping centres. There will be speakers from Portsmouth City Council, the business community and commercial partners, and an opportunity to ask questions and give your views.

**Time:** 1.30pm – 3.30pm  
**Venue:** Guildhall Council Chamber, Guildhall, Guildhall Square, PO1 2AL  
**Cost:** Free to attend  
**Booking:** No booking required

### Live Well: seated movement to music

This seated movement session is an hour of moving your body to music aimed at enhancing your physical and emotional wellbeing. The session is fun, friendly and inclusive. Suitable for adults with mobility issues, physical disabilities, health conditions, dementia, allowing the participant to work at their own pace, doing as much or as little as their body wants to do that day. Please wear comfy clothes and bring a bottle of water.

**Time:** 2pm – 4pm  
**Venue:** Milton Village Hall, 182 Milton Road, Southsea, PO4 8PR  
**Cost:** £4  
**Booking:** No booking required

### Social bridge using ACOL

We play social bridge at the Havelock Community Centre every Monday afternoon, excluding Bank Holidays. We charge £3 per person for each session to pay for the hire of the room. All equipment is supplied.

**Time:** 1pm – 4pm  
**Venue:** Havelock Community Centre, 324 Fawcett Road, Southsea, PO4 0LQ  
**Cost:** £3  
**Booking:** Call **07307 632290**

### U3A - World of Books

This group reads and discusses poems, and also Audrey leads the study of a novel.

**Time:** 2pm – 4pm  
**Venue:** The Hub, Somerstown Community Centre, River Street, Portsmouth, PO5 4JJ  
**Cost:** Free to attend  
**Booking:** No booking required

## Tuesday 8 October

### Soft Pastel

Learn the basics of soft pastels in this taster session, run by an experienced tutor. If you have soft and hard pastels, pastel paper, blender, apron and cloth, you can bring these with you, if not then all materials will be provided. This session is run by the City of Portsmouth College and is free, however you will be required to fill in an enrolment form to participate.

**Time:** 10am – 12pm  
**Venue:** Southsea Library, 19-21 Palmerston Road, Southsea, PO5 3QQ  
**Cost:** Free to attend  
**Booking:** Email **amy.routledge@copc.ac.uk**

### Wellbeing walk: Stamshaw Foreshore

A wellbeing walk from Buckland Community Centre over to Stamshaw Foreshore. A moderate paced walk. Come along to meet new people and get outside in the fresh air. The option to join afterwards for refreshments in a local cafe.

Call **023 9284 1762** for more information.

**Time:** 10.30am – 11.30am  
**Venue:** Buckland Community Centre, Malins Road, Portsmouth, PO2 7BT  
**Cost:** Free to attend  
**Booking:** No booking required

### Wellbeing walk: Civic Offices walk

A wellbeing walk from the Civic Offices, along to Gunwharf and around Old Portsmouth. A fast paced walk. Come along to meet new people and get outside in the fresh air.

Call **023 9284 1762** for more information.

**Time:** 12.15pm – 1.10pm  
**Venue:** Civic Offices, Guildhall Square, Portsmouth, PO1 2AL  
**Cost:** Free to attend  
**Booking:** No booking required

### Wellbeing walk: park to park

A wellbeing walk from Eastney Community Centre to Milton Park. A slow introductory walk back to health. Come and join us to get out in the fresh air and meet new people. The choice to meet for refreshments after in a local cafe.

Call **023 9284 1762** for more information.

**Time:** 1pm – 1.45pm  
**Venue:** Eastney Community Centre, Bransbury Park, Bransbury Road, Southsea, PO4 9SU  
**Cost:** Free to attend  
**Booking:** No booking required

### IT support drop in

Supporting people to use their devices and how to use them to the best of their abilities and to be able to communicate, use public services and access interesting hobbies online. We also help with troubleshooting and support digital learning.

**Time:** 1pm – 3pm  
**Venue:** The Bradbury Centre, 16-18 Kingston Road, Portsmouth, PO1 5RZ  
**Cost:** £5  
**Booking:** Call **023 9286 2121**

### Live Well - seated movement to music

This seated movement session is an hour of moving your body to music aimed at enhancing your physical and emotional wellbeing. The session is fun, friendly and inclusive. Suitable for adults with mobility issues, physical disabilities, health conditions, dementia, allowing the participant to work at their own pace, doing as much or as little as their body wants to do that day. Please wear comfy clothes and bring a bottle of water.

**Time:** 2pm – 3pm  
**Venue:** Havelock Community Centre, 324 Fawcett Road, Southsea, PO4 0LQ  
**Cost:** £4  
**Booking:** No booking required

### Introduction to Facebook

Facebook is the most popular social network that makes it easy for you to connect and share with family and friends online. We will show you how to reply and share posts, photos and video and find out the latest news. We will introduce you to Facebook Marketplace, which is a convenient destination for people to discover, buy and sell items in your local area.

**Time:** 1pm – 3pm  
**Venue:** Learning Place, 6 Derby Road, Portsmouth, PO2 8HH  
**Cost:** Free to attend  
**Booking:** Call **023 926 21860**

### Scrabble

Just bring yourselves! We will provide all the scrabble boards/tiles/racks. We are a friendly group with various age ranges, come and have some fun playing scrabble.

**Time:** 1pm – 4pm  
**Venue:** Havelock Community Centre, 324 Fawcett Road, Southsea, PO4 0LQ  
**Cost:** Free to attend  
**Booking:** No booking required

### Wellbeing walk: Wake Park

A wellbeing walk from the Wake Park, along the shoreline to the Mountbatten Centre and back. A moderate paced walk. Come along to meet new people and get outside in the fresh air. The option to join us for refreshments after at a local cafe.

Call **023 9284 1762** for more information.

**Time:** 2pm – 3pm  
**Venue:** The Blue Lagoon, Hilsea Lido, London Road, Portsmouth, PO2 9RP  
**Cost:** Free to attend  
**Booking:** No booking required

## Bridge at Southsea Bridge Club

Have you ever wanted to give Bridge a try? Played Bridge before but a bit rusty? We have beginners' classes on Thursdays. Already a player? We have duplicate sessions on Tuesday evenings and Wednesday and Friday afternoons. If you need a partner then please let us know. We look forward to meeting you.

**Time:** 6.45pm – 10.30pm  
**Venue:** 63A Osborne Road, Southsea, PO5 3LS  
**Cost:** £2  
**Booking:** Call **07811 115387**

## Wednesday 9 October

### Use the internet in a safe and private way

With identity theft, online scams and social profiling hot topics in the news, more people are seeking ways to learn how to protect themselves from these and other online threats. Offering practical steps that are easy to understand and implement, join us to learn how to protect your online safety and privacy, and that of your family.

**Time:** 9.30am – 11am  
**Venue:** Cosham Library, Spur Road, Portsmouth, PO6 3EB  
**Cost:** Free to attend  
**Booking:** Call **023 9283 4210**

### Cooking for wellbeing

Healthy food does not have to mean sad, boring food. Learn how to cook good, delicious food that is both healthy and makes you feel elated!

Please advise us of any allergies or dietary requirements when booking and bring a container to take your freshly cooked food home.

**Time:** 10am – 12pm  
**Venue:** Learning Place, 6 Derby Road, Portsmouth, PO2 8HH  
**Cost:** Free to attend  
**Booking:** Call **023 926 21860**

## Staying safe online

On this workshop we will investigate how to keep ourselves safe online; understand consent/permission in the digital world and how the choices we make online are important and can affect others too.

**Time:** 10am – 12pm  
**Venue:** Learning Place, 6 Derby Road, Portsmouth, PO2 8HH  
**Cost:** Free to attend  
**Booking:** Call **023 9262 1860**

### Wellbeing walk: Baffins Pond (short/long walks)

A wellbeing walk from Baffins Pond. There is the option to join both a short or long walk. Come along to meet new people and enjoy the fresh air. The option to join us for refreshments after if you wish.

Call **023 9284 1762** for more information.

**Time:** 10.30am – 11.30am  
**Venue:** Alderman Lacey Library, 98 Tangier Road, Portsmouth, PO3 6HU  
**Cost:** Free to attend  
**Booking:** No booking required

### Wellbeing walk: Canoe Lake

A wellbeing walk from Canoe Lake cafe, up to the rock gardens and back along the seafront. Come along to meet new people and enjoy the fresh air. The option to join for refreshments afterwards in a local cafe.

Call **023 9284 1762** for more information.

**Time:** 10.30am – 11.30am  
**Venue:** Canoe Lake, St Helens Parade, Southsea, PO4 9RG  
**Cost:** Free to attend  
**Booking:** No booking required

### Talk: The Overlord Embroidery

2024 marks the 50th anniversary of the completion of the Overlord Embroidery. An incredible 83 metres in length, comprising 34 entirely hand-stitched panels it depicts the story of D-Day and the Battle of Normandy. Join The D-Day Story curator Andrew Whitmarsh to find out more about this stunning artwork which is currently on display at the museum.

**Time:** 11am – 12pm  
**Venue:** D-Day Museum, Clarence Esplanade, Southsea, PO5 3NT  
**Cost:** Free to attend  
**Booking:** No booking required

### Dance Fitness with Katie from Sarah Moore Dance

Come and join the Party! Dance fitness is the perfect class for those who love to dance and want to boost their fitness. Our sessions feature easy-to-follow routines set to a variety of music genres, including pop, Latin, country, musical theatre, and more. Whether you're new to exercise or returning after a break, this class is designed for all abilities. Please wear trainers and clothes you can move in.

**Time:** 12pm – 1pm  
**Venue:** Canoe Lake Tennis Pavilion,  
Eastern Parade, Southsea, PO4 9RF  
**Cost:** £5  
**Booking:** Email [sarah@sarahmooredance.co.uk](mailto:sarah@sarahmooredance.co.uk)

### Bridge at Southsea Bridge Club

Have you ever wanted to give Bridge a try? Played Bridge before but a bit rusty? We have beginners' classes on Thursdays. Already a player? We have duplicate sessions on Tuesday evenings and Wednesday and Friday afternoons. If you need a partner then please let us know. We look forward to meeting you.

**Time:** 12.45pm – 4.30pm  
**Venue:** 63A Osborne Road, Southsea, PO5 3LS  
**Booking:** Call **07811 115387**

### Conan Doyle Collection: an introduction

Would you like to learn more about the The Arthur Conan Doyle Collection - Lancelyn Green Bequest? If so, come along to this informative but casual look at some of the archives and books and discover more about this fascinating collection!

**Time:** 1pm – 2pm  
**Venue:** Central Library, Guildhall Square,  
Portsmouth, PO1 2DX  
**Cost:** Free to attend  
**Booking:** Call **023 9268 8057** or book in person at Central Library

### Once upon a time: a look inside the stories I have grown up with

Nigel Gossop, a researcher and writer on children's literature, explores the simple stories many of us read as children and which continue to live on in our hearts. Nigel discusses 'Black Beauty', 'Gulliver's Travels', 'Robinson Crusoe', 'Winnie the Pooh' and 'Where's Wally?' in an entertaining and revealing illustrated talk.

**Time:** 1.30pm – 2.30pm  
**Venue:** Central Library, Guildhall Square,  
Portsmouth, PO1 2DX  
**Cost:** Free to attend  
**Booking:** Call **023 9268 8046**

### Wellbeing walk – Old Portsmouth

A wellbeing walk around Old Portsmouth. There is the option to join a slow or fast walk. Come along to meet new people and get outside in the fresh air. There is the option to join afterwards for refreshments if you wish.

Call **023 9284 1762** for more information.

**Time:** 1.30pm – 2.30pm  
**Venue:** Royal Garrison Church Domus Dei,  
Penny Street, Portsmouth, PO1 2NJ  
**Cost:** Free to attend  
**Booking:** No booking required

### Wellbeing walk - Portchester Castle

A wellbeing walk around the historic Portchester Castle. A moderate paced walk. Come and join us to get outside in the fresh air and meet new people. We finish afterwards in the team rooms for refreshments if you wish to join us.

Meet at the car park by the picnic table at Portchester Castle toilets. Walk leaders will be wearing an orange hi-viz jacket.

Call **023 9284 1762** for more information.

**Time:** 2pm – 3pm  
**Venue:** Portchester Castle, Portchester Castle  
Car Park, Fareham, PO16 9QW  
**Cost:** Free to attend  
**Booking:** No booking required

## Indoor Bowls

Victory Indoor Bowls and Social Club invites you and your friends to 'Give it a Go' at our friendly Bowls Club. All equipment will be provided including Tea/Coffee and a cake. Please wear flattish shoes or trainers.

**Time:** 2pm – 4pm  
**Venue:** Victory Bowls Association Ltd, Northern Parade, Portsmouth, PO2 9PB  
**Cost:** Free to attend  
**Booking:** Call **07860 642400**

## Thursday 10 October

### Portsmouth Pensioners' Association Round the Island Cycle Ride

Leisurely ride with stops to observe flora and fauna as well as sea defence work. Wear suitable clothing depending on weather.

**Time:** 10am – 2pm  
**Venue:** Southsea Tennis club café  
(near The D-Day Story), PO5 3PB  
**Cost:** Free to attend  
**Booking:** No booking required

### Cooking for the soul

Food is the window to the soul. Learn how to make dishes that make your heart sing and bring you a sense of peace in this hectic world. Please advise us of any allergies or dietary requirements when booking and bring a container to take your freshly cooked food home.

**Time:** 10am – 12pm  
**Venue:** Learning Place, 6 Derby Road,  
Portsmouth, PO2 8HH  
**Cost:** Free to attend  
**Booking:** Call **023 9262 1860**

### Watercolour

Learn the basics of watercolour in this taster session, run by an experienced tutor. If you have watercolour paints, watercolour paper, brushes, pencil, rubber, paper towel, apron and palette, you can bring these with you, if not then all materials will be provided. This session is run by the City of Portsmouth College and is free, however you will be required to fill in an enrolment form to participate.

**Time:** 10am – 12pm  
**Venue:** Southsea Library, 19-21 Palmerston Road,  
Southsea, PO5 3QQ  
**Cost:** Free to attend  
**Booking:** Email [amy.routledge@copc.ac.uk](mailto:amy.routledge@copc.ac.uk)

## U3A - MahJong

We keep it simple and play basic MahJong. We each have our own copy of the same rule book, because there seems to be so many different versions. We also keep the scoring basic according to the rules.

**Time:** 10am – 12pm  
**Venue:** The Hub, Somerstown Community Centre,  
River Street, Portsmouth, PO5 4JJ  
**Cost:** Free to attend  
**Booking:** No booking required

## Zumba Gold: over 55s

This is a dance exercise class especially aimed at the active older adult. Set to Latin songs and also songs you know. Easy steps but challenging enough. Great for improving agility, balance and general wellbeing and fitness. Make new friends. It's really good fun.

**Time:** 11am – 11.50am  
**Venue:** Eastney Community Centre,  
Bransbury Park, Bransbury Road,  
Southsea, PO4 9SU  
**Cost:** £5  
**Booking:** No booking required

## Introduction to Ancestry

Keen to start your family tree but not sure where to start? Our workshop will give you an introduction to searching for relatives online.

**Time:** 1pm – 3pm  
**Venue:** Learning Place, 6 Derby Road,  
Portsmouth, PO2 8HH  
**Cost:** Free to attend  
**Booking:** Call **023 926 21860**

## Bridge at Southsea Bridge Club

Have you ever wanted to give Bridge a try? Played Bridge before but a bit rusty? We have beginners' classes on Thursdays. Already a player? We have duplicate sessions on Tuesday evenings and Wednesday and Friday afternoons. If you need a partner then please let us know. We look forward to meeting you.

**Time:** 1.30pm – 4.30pm  
**Venue:** 63A Osborne Road, Southsea, PO5 3LS  
**Cost:** £2  
**Booking:** Call **07811 115387**

## Stay Zen Yoga: gentle and relaxing yoga for beginners

Join Corine on your Yoga journey and experience the many benefits of Yoga including improved flexibility, strength, balance, and overall wellbeing.

Yoga is a journey of self-discovery, celebrating our beautiful imperfections and every stumble on the mat, all whilst having fun and exploring your body.

Bring a yoga mat (or let me know if you need one), water, and wear comfortable clothing.

Perfect for unwinding and starting your Yoga journey!

**Time:** 5.45pm – 6.45pm

**Venue:** Eastney Community Centre, Bransbury Park, Bransbury Road, Southsea, PO4 9SU

**Cost:** £7

**Booking:** You can make your booking online at [www.stayzenyoga.com](http://www.stayzenyoga.com) or email [corine@stayzenyoga.com](mailto:corine@stayzenyoga.com) Call **07478 456331** for a chat or to book a class

## Stay Zen Yoga: gentle and relaxing yoga for beginners

Join Corine on your Yoga journey and experience the many benefits of Yoga including improved flexibility, strength, balance, and overall wellbeing.

Yoga is a journey of self-discovery, celebrating our beautiful imperfections and every stumble on the mat, all whilst having fun and exploring your body.

Bring a yoga mat (or let me know if you need one), water, and wear comfortable clothing.

Perfect for unwinding and starting your Yoga journey!

**Time:** 7pm – 8pm

**Venue:** Eastney Community Centre, Bransbury Park, Bransbury Road, Southsea, PO4 9SU

**Cost:** £7

**Booking:** You can make your booking online at [www.stayzenyoga.com](http://www.stayzenyoga.com) or email [corine@stayzenyoga.com](mailto:corine@stayzenyoga.com) Call **07478 456331** for a chat or to book a class

## Friday 11 October

### Veterans' breakfast club

Veterans' Breakfast Club takes place twice a month on the second Friday and the last Friday of every month from 10am to 11.30am at the Bradbury Centre Café Age UK Portsmouth. Spaces are limited so please give us a ring in advance to book your place. Costs from £5-£6 to include tea or coffee top-ups.

**Time:** 10am – 11.30am

**Venue:** The Bradbury Centre, 16-18 Kingston Road, Portsmouth, PO1 5RZ

**Cost:** £6

**Booking:** Call **023 9288 3522**

### Treadgolds Community Gardening Project

The John Pounds Community Trust restored and re-imagined the historic 'Treadgolds' buildings, and community gardeners collaborated with the Trust to develop the courtyard garden to provide a seasonal hub for healthy living outdoor growing activities.

There are opportunities to volunteer and get involved with gardening at this project.

Please wear sensible footwear.

**Time:** 10am – 12pm

**Venue:** Treadgold Museum, Bishop Street, Portsmouth, PO1 3DA

**Cost:** Free to attend

**Booking:** No booking required

### Bransbury art group

A group of people who enjoy painting. There is no tuition but we learn from each other in a social environment.

**Time:** 10am – 12pm

**Venue:** Eastney Community Centre, Bransbury Park, Bransbury Road, Southsea, PO4 9SU

**Cost:** Free to attend

**Booking:** No booking required

## Coffee and Company

Coffee and Company at the Bradbury Centre Café Age UK Portsmouth on the first and third Friday of every month from 1.30pm until 3pm. The cost is £2.50 for a cup of tea or coffee and a slice of cake. All are welcome!

Call **023 9286 2121** for more information.

**Time:** 1.30pm – 3pm  
**Venue:** The Bradbury Centre. 16-18 Kingston Road, Portsmouth, PO1 5RZ  
**Cost:** £2.50  
**Booking:** No booking required

## Bridge at Southsea Bridge Club

Have you ever wanted to give Bridge a try? Played Bridge before but a bit rusty? We have beginners' classes on Thursdays. Already a player? We have duplicate sessions on Tuesday evenings and Wednesday and Friday afternoons. If you need a partner then please let us know. We look forward to meeting you.

**Time:** 12.45pm – 4.30pm  
**Venue:** 63A Osborne Road, Southsea, PO5 3LS  
**Cost:** £2  
**Booking:** Call **07811 115387**

## Sunday 13 October

### Still moving: a celebration of older people moving

Watch a filmed documentary of a 6-month local dance project which inspired and encouraged older people to get moving, enjoy dancing and have fun. The aim was to enhance the emotional and physical wellbeing of care home residents and various local community groups for older citizens.

**Time:** 11am – 1pm  
**Venue:** The Cafe Guildhall, Guildhall, Guildhall Square, Portsmouth, PO1 2AB  
**Cost:** Free to attend  
**Booking:** Email [stillmovingdance@gmail.com](mailto:stillmovingdance@gmail.com)

## Portsmouth Pensioners Association

Portsmouth City Council would like to thank the Portsmouth Pensioners Association (PPA) for their involvement and commitment to the 60+ Festival over the last 30 years, since the festival was initiated by the then Lord Mayor, former Councillor Alan Burnett.

Alan, now Chair of the PPA, remains involved and committed to the festival's continuing success.

### The festival encourages the 60+ community to:

- Learn new skills, and discover more about their city
- Keep active and healthy, and improve their mental health
- Meet new people through social activities.

It always includes activities which are free of charge for participants.



You can request this information in large print, Braille, audio or in another language by calling 023 9283 4109