



Get up and go and enjoy something new!

If you are 55 and above and live in Havant Borough, there are lots of activities, talks and trips to get involved in this spring and summer. Havant Borough Council's Get up and Go! programme offers the chance to have fun, socialise and experience something new.

Activities currently taking bookings include coastal rowing, guided walks at Staunton country park, Pilates, Seated and standing fitness class and Feast and Foraging walks. With many more activities coming soon! All activities will be at a pace that suits you and can be attended on your own or with friends and family.

Upcoming events are as follows:

Coastal Rowing Open Day- Saturday 6th July 10am-4pm

The coastal rowing open day gives you a chance to learn all about coastal rowing, meet others like yourself, see it in action and have a go if you want!

That's how we row – May, June, August

Learn how to row in just six weeks with a fun introduction to coastal rowing. Before you decide whether this is for you, come along to one of the open days being held Saturday 6th July to find out more.

Stretch yourself – May, June, July

Improve your posture, balance and joint mobility with pilates. No experience or equipment is needed for these relaxed beginner classes. Booking is essential with the first session free and £5 a class thereafter.

- Cowplain Activity Centre, Thursdays 9.30-10.30am
 - Havant Academy, Mondays 5.45-6.45
- Bedhampton Community Centre, Tuesdays 8.30-9.30am

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□ **A walk in the park - May, June, July, August**

Walk and talk as you tour the beautiful Staunton Park. Suitable for all ages and abilities, booking is required. Each walk costs only £2.50 with 75% of proceeds going to Friends of Staunton Country Park. Booking is essential!

Choose between a History and Heritage or a Fauna and Flora walk. Walks begin at 10am – 12am (Approximately). Enjoy a nice cup of tea and biscuit afterwards.

□ **Feast and foraging walks – Beginning Monday 29th April**

Learn how to forage for food and resources in at Staunton Country Park and Nore Barn Woods. Each walk costs £5 per person. Designed to be developmental programme with topical, stand-alone days, you can enroll for the whole six week course as a learning opportunity or select a topical day that is of specific interest.

Each Monday from 29th April there will be two walks per day:

Group 1: 9- 11am

Group 2: 12am-2pm

Seated Mature Movers with Trudy

Is a seated exercise to music to help with rhythm, engagement and improving strength and stamina. Easy choreography to well known dance tunes incorporating the use of tension bands. This is a social, fun and effective class for those who wish to maintain their physical independence.

First sessions are free when 'getupandgo' is quoted after that each class costs £4
Fridays 11.15-12.15 at Emsworth Methodist church and pastoral centre

Standing Mature Movers with Trudy

Mature Movers is an 'Easy Does it' stand up aerobic exercise to catchy music to help with rhythm, engagement and enjoyment. The class includes easy choreography to well known dance tunes and aims to build stamina and improve stability. If you want fun fitness with no floor work then this is the class for you. Socialise, Exercise, Energise! Beginners welcome!

First sessions are free when 'getupandgo' is quoted after that each class costs £4
Wednesdays 12.15-13.15pm at Emsworth Community Centre Association.

Head to our website and Facebook page to watch a video of Trudy's classes and get an insight of what to expect.

To find out when and where these activities are taking place across the borough simply visit the Get Up and Go website (www.getupandgohavant.com) or Facebook page (Get up and Go Havant)

If you have any questions or queries regarding any of the activities or the Get up and Go programme please do not hesitate to contact:

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