

## Forever Young's September to November 2024 Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>What:</b> <u>Craft Class</u> (make your own keepsake box, letter rack and Autumn pumpkin)</p> <p><b>When:</b> 23<sup>rd</sup> September 2024 (4 week class)</p> <p><b>Time:</b> 11am – 1pm</p> <p><b>Cost:</b> £10pp</p> <hr/> <p><b>What:</b> <u>Move More Live More</u> (gentle exercise and falls prevention initiative)</p> <p><b>When:</b> 9<sup>th</sup> and 30<sup>th</sup> September</p> <p><b>Time:</b> 11am</p> <p><b>Cost:</b> FREE</p> <hr/> <p><b>What:</b> <u>Flower arranging class</u></p> <p><b>When:</b> 21<sup>st</sup> October 2024</p> <p><b>Time:</b> 10.30am</p> <p><b>Cost:</b> £10pp</p>	<p><b>What:</b> <u>Luncheon Club</u></p> <p><b>When:</b> Every Tuesday</p> <p><b>Time:</b> 12pm – 1.30pm</p> <p><b>How long:</b> Every week</p> <p><b>Cost:</b> £5</p> <p style="text-align: center;">New Members Welcome!</p> <p><b>**Please note – you must phone to book lunch by 1pm on Monday each week**</b></p> <hr/> <p><b>What:</b> <u>CHAIR EXERCISES</u></p> <p><b>When:</b> New 6 week block starting on 20<sup>th</sup> August</p> <p><b>Time:</b> 2pm – 3.30pm</p> <p><b>How long:</b> Every week</p> <p><b>Cost:</b> £15 for 6 week block.</p> <p>(Next 6 week block will begin on 1<sup>st</sup> October 2024)</p>	<p><b>What:</b> <u>Crochet Classes</u></p> <p><b>When:</b> Every Wednesday</p> <p><b>Class Times:</b></p> <ol style="list-style-type: none"> <li>1) 10am – 11.45am</li> <li>2) 12pm – 1.45pm</li> <li>3) 2.15pm – 4pm</li> </ol> <p><b>How long:</b> Every week</p> <p><b>Cost:</b> £3 per class</p> <ul style="list-style-type: none"> <li>• Spaces available in each class.</li> <li>• New members welcome.</li> <li>• All levels are encouraged to attend.</li> </ul> <p style="text-align: center;"><b><u>Fantastic tutor available!</u></b></p>	<p><b>What:</b> <u>Walking Group</u></p> <p><b><u>In partnership with Agewell</u></b></p> <p><b>When:</b> Every Thursday</p> <p><b>Time:</b> 11am</p> <p><b>Where:</b> Schedule of walks will be posted on Whats App group/facebook page start of September.</p> <p>Get in touch if you wish to join WhatsApp group set up for more of communication relating to walking group.</p> <hr/> <p><b>What:</b> <u>Men's Morning</u></p> <p><b>When:</b> Last Thursday of every month. (26<sup>th</sup> Sept, 31<sup>st</sup> Oct &amp; 28<sup>th</sup> Nov)</p> <p><b>Time:</b> 10.30am</p> <p><b>Cost:</b> Free (funded by the Community Fund)</p>	<p><b>What:</b> <u>Afternoon Tea</u></p> <p><b>When:</b></p> <ul style="list-style-type: none"> <li>• 25<sup>th</sup> Oct</li> <li>• 29<sup>th</sup> Nov</li> </ul> <p><b>Time:</b> 12.30pm – 2pm</p> <p><b>Cost:</b> £2</p> <p><b>** Please note – Afternoon Tea must be booked 2 days before date above**</b></p> <hr/> <p><b>What:</b> <u>Talks Warmer Homes</u></p> <p><b>When:</b> 4<sup>th</sup> October 2024</p> <p><b>Time:</b> 11am – 12pm</p> <hr/> <p><b>Home Safety</b></p> <p><b>When:</b> 11<sup>th</sup> October 2024</p> <p><b>Time:</b> 11am – 12pm</p> <p><b>Cost:</b> FREE</p> <p>Fire Safety &amp; Scam Awareness - Dates: TBC</p> <div style="border: 2px solid black; padding: 5px; text-align: center;"> <p><b><u>TURN OVER FOR MORE INFO</u></b></p> </div>

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### Important Booking Information

- To attend any activities, you must be registered with the Forever Young Project. If you require a registration form you can contact us on 028 7930 1862.
- Booking is required for all classes and activities.  
*Please note those registered and currently attending luncheon club and crochet classes **do not** need to rebook.*
- Booking will be on a first come first served basis.
- To book on one of the classes/activities you will need to phone the office (**028 7930 1862**) on 6<sup>th</sup> September 2024 @10am and speak with Claire.
- If you cannot get through on the phone, please leave a message and I will note the message and time to ensure a fair response.
- **No calls before 10am will be accepted.**
- Afternoon Tea and talks must be booked 2 days before to allow for proper planning and preparation for specified numbers. Text messages will be sent out to remind.
- The classes/activities that are block bookings require the full payment on the 1<sup>st</sup> day of the class.

For more information on any of the activities please contact Claire on **028 7930 1862**

***Mid Ulster Volunteer Centre, 20 Queen Street, Magherafelt, BT45 6AB***