



East Hunsbury
Parish Council

East Hunsbury Seniors Update Autumn '24 - KEEPING PEOPLE CONNECTED -

HELLO SENIORS

We hope this info finds you well. We find ourselves already in autumn time, with thoughts turning to Christmas and just wanted to update you with some key activities and events coming up, for our seniors.

COFFEE MORNINGS



Coffee mornings sessions are the 2nd and 4th Tuesday of the month.

Coffee mornings run from 10.30am – 12.30pm

Nov 12 Abbey Centre	Talk
Nov 26 Abbey Centre	Bingo or Talk
Dec 10 Collingtree Golf	Coffee Chat
Dec 17 Abbey Centre	Christmas Party 11am – 1pm

Fee for each session £3 per person

EAST HUNSUBURY REMEMBERS – Sun 10th Nov at Grangewood Park. Join us by the memorial benches for laying of wreaths & to mark the silence at 11am. Gather from 10.45am.

All welcome.

THE FESTIVE FAIR – our annual festive event is being held on Saturday 30th Nov at Hunsbury Library. Join us from 11am – 4pm for stalls, pop up Christmas Café with the WI! School Choirs – and the Christmas Tree switch on at 4.30pm.

SENIORS CHRISTMAS PARTY – Tues 17th Dec at Abbey Centre. Spaces are limited, so you do need to book in please – cost is £5 per person – and you must be a member of the group. Contact the office for more details.

INFORMATION SESSIONS:

The parish council are working with partners to bring more information to residents. Prior to Christmas there are two sessions which may be of interest to you:

COST OF LIVING SUPPORT:

Autumn Roadshow – get access to the support you need. [Hunsbury Library](#).

Wednesday 27th Nov 10am – 12noon (see separate info).

Pension Credit Advice Session – at Far Cotton Rec Centre. Monday 4th Nov 2pm – 4pm.

Advice session with Age UK and Community Law Service – on had to help you complete application for Pension Credit (see separate info).

If you want to know anything more about any of the information you have received, please do just get in touch:

community@easthunsburyparishcouncil.gov.uk
or phone us on Tel: 01604 708429

REGULAR ACTIVITIES FOR SENIORS

GET ACTIVE

Senior Strollers

This is our Seniors walking group. They meet once a month, on the 4th Monday of the month. Walks include Hunsbury area, but also to other areas of the county. You need to register to join this group, which is led by volunteer Pauline Niles, supported by the EHPC. A lovely way to spend a morning!



Tai Chi Tai Chi group meets on Thursday mornings in Grangewood Park. **Yoga** group meet on Wednesdays at Blackymore CC. Please email the office if you are interested in joining.

Get Crafty Sessions We have a group of people who volunteer to run crafting sessions for us. If you would like to know more, please contact the office. The sessions are daytime at the moment, and we hold the activities in our activity room at Hunsbury Library.

Gardening Buddies We started this group as a joint project, with Hunsbury Library. We have a number of keen gardeners who upkeep the community garden at the library, plant bulbs and can work with our school gardening clubs. Are you interested? Do you have green fingers? Get in touch.



Senior Strictly Dance! We have some wonderful Seniors, who were in a past life, professional dancers! They are running sessions at The Abbey Centre.

Please contact us if you want more info!

Boules! Petanque! A new group is being set up. Do you play Boules?

Would you like to join with a group of seniors who are running their own meets? We have supplied the equipment. Please email the office or ring Liz for more info.



The Big Sing! Our community singing sessions continue to grow! A really nice way to get involved - Our sessions pre-Christmas are: 21st Nov and 19th Dec held at Hunsbury Library. 12noon to 1pm with pop up café!



History Group – Astronomy Group – these groups are also run by volunteers – there are no regular meetings, but if you are interested please let us know and the lead volunteers will update you on meetings and sessions.

FOR INFORMATION ABOUT THESE GROUPS PLEASE EITHER EMAIL:

community@easthunsburyparishcouncil.gov.uk or ring Liz at the office 01604 708429

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Do follow us on our Facebook Page and check the website for more information
