

## Exercise & Movement Classes

Everyone is welcome to join in our FUN Parkinson's chair-based Exercise and Movement classes



The classes are held every Tuesday from 10.30am and most Thursday afternoons at 2.00pm at Boldre War Memorial Hall in Pilley Street, Boldre, Lymington, SO41 5QG.



Exercise and Movement classes are followed by coffee, biscuits and chat. Come along and join in!

## News & Activities

Details of all our news and activities are sent to members in a monthly newsletter and our quarterly magazine—Parky News. If you would like to receive copies please let our Chairman know.

**Contact: 07595 927 299**

## PARKINSON'S COFFEE MORNINGS AND AFTERNOON TEAS—2026

### JANUARY

Coffee—10.30am—12th January—Everton Nurseries

### FEBRUARY

Coffee—10.30am—9th February—Redcliffe Nurseries

### MARCH

Coffee—10.30am—9th March—Otter Nurseries

### APRIL

Coffee—10.30am—13th April—Everton Nurseries  
Afternoon Tea—2.30pm—22nd April—Otter Nurseries

### MAY

Coffee—10.30am—11th May—Redcliffe Nurseries  
Afternoon Tea—2.30pm—27th May—Everton Nurseries

### JUNE

Coffee—10.30am—8th June—Otter Nurseries  
Afternoon Tea—2.30pm—24th June—Redcliffe Nurseries

### JULY

Coffee—10.30am—13th July—Everton Nurseries  
Afternoon Tea—2.30pm—29th July—Otter Nurseries

### AUGUST

Coffee—10.30am—10th August—Redcliffe Nurseries  
Afternoon Tea—2.30pm—26th August—Everton Nurseries

### SEPTEMBER

Coffee—10.30am—14th September—Otter Nurseries  
Afternoon Tea—2.30pm—30th September—Redcliffe Nurseries

### OCTOBER

Coffee—10.30am—12th October—Everton Nurseries

### NOVEMBER

Coffee—10.30am—9th November—Redcliffe Nurseries

### DECEMBER

Coffee—10.30am—14th December—Otter Nurseries

FOR MORE INFORMATION CONTACT—07595 927 299

**FOR MORE INFORMATION ON OUR MEETINGS & ACTIVITIES CONTACT 07595 927 299 OR E-MAIL [chairman@parkinsonsnewforest.org.uk](mailto:chairman@parkinsonsnewforest.org.uk). OR VISIT our website at [www.parkinsonsnewforest.org.uk](http://www.parkinsonsnewforest.org.uk)**



## New Forest Branch

Our  
Monthly  
Meetings  
&  
Social  
Activities

## Our Monthly Meetings

We usually have a main speaker followed by refreshments - a chance for Members to socialise

### PUK NEW FOREST BRANCH—MONTHLY MEETINGS 2026 HELD AT 2.00PM AT BOLDRE WAR MEMORIAL HALL

#### JANUARY

THURSDAY 15TH JANUARY

#### FEBRUARY

THURSDAY 19TH FEBRUARY

#### MARCH

THURSDAY 19TH MARCH

#### APRIL

THURSDAY 16TH APRIL

#### MAY

THURSDAY 21ST MAY

#### JUNE

THURSDAY 18TH JUNE

#### JULY

THURSDAY 16TH JULY

#### AUGUST

THURSDAY 20TH AUGUST

#### SEPTEMBER

THURSDAY 17TH SEPTEMBER

#### OCTOBER

THURSDAY 15TH OCTOBER

#### NOVEMBER

THURSDAY 19TH NOVEMBER

#### DECEMBER

NO MEETING

#### CHRISTMAS LUNCH

FRIDAY 18TH DECEMBER

FOR MORE INFORMATION CONTACT—07595 927 299

OR E-MAIL: [chairman@parkinsonsnewforest.org.uk](mailto:chairman@parkinsonsnewforest.org.uk)

## Parkinson's Friendly Cinema Club—Film + Lunch

### Held in The Malt Cinema in The Lymington Centre

Every month, In conjunction with the Lymington Centre, we put on a dedicated 'Parkinson's Friendly'

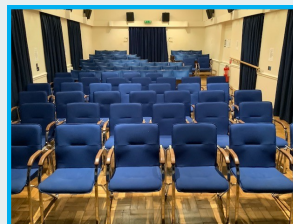


Cinema Club showing of a film in their Malt Cinema. The Cinema can cater for all your needs and this is a chance to be entertained and to socialise with others in a very friendly setting!

There is plenty of room for wheelchairs and sweets, ice

creams are available, along with extra cushions for your comfort! The film is followed by a delicious buffet lunch! Tickets

cost £7 per person for just the film or £15.50 per person for the film + lunch. Tickets can be booked online at



([lymingtoncommunity.com](http://lymingtoncommunity.com)), by telephone (01590 672337) or in Reception at the Lymington Centre, New Street, Lymington, SO41 9BQ), either in advance or on the day. All people with Parkinson's, their Carers, family and friends are welcome to come along and join in the fun! The more the merrier! There are three nearby car parks with disabled spaces. Blue Badge holders park free with no time limit.

The Malt Cinema

## Singing & Voice Sessions

Singing & Voice Sessions are held on the second Friday afternoon of each month at 2.30pm at the Boldre War Memorial Hall.— refreshments are provided after each Session. Members spend an hour exercising their voices with a mix of vocal exercises and singalong songs in a relaxed, no pressure environment! Words are provided on a screen. Why not come along and join in the fun!



## Socials & Fundraising Events



As well as our regular activities we arrange other varied social and fundraising events for our members to join in with and enjoy.

## Boat Trips

Members also have the opportunity to book trips on the Solent Dolphin's Alison McGregor boat. These very enjoyable free trips are solely for the purpose of taking people with disabilities out for trips to sea on Southampton Water.



FOR MORE INFORMATION ON OUR MEETINGS & ACTIVITIES CONTACT 07595 927 299 OR E-MAIL [chairman@parkinsonsnewforest.org.uk](mailto:chairman@parkinsonsnewforest.org.uk). Our website is: [www.parkinsonsnewforest.org.uk](http://www.parkinsonsnewforest.org.uk)