

Monday 23 May 2022 What's on ...	Time	Who	Where	Additional Info.
Group Personal Training	07:15 - 08:00	Oxford Brookes University Sport or 'Brookes Sport'	Brookes Centre for Sport Cheney Lane Headington	No payment required. Local provider of Sports and Physical Activity services Contact: Richard Ormiston-Rees, Fitness and Wellness Manager Email direct to reserve your place: rormiston-rees@brookes.ac.uk
Pilates Classes	08:05 – 08:45			
Bereavement Support Group	14:00 – 15:30	Supported by Age UK (but for all ages)	Lime Walk Methodist Church Hall, entrance on New High Street.	No payment required. If you need further information, please contact Lynn Alexander, Community Link Worker Age UK Oxfordshire Mobile: 07827 235429
Gym Day passes	Any date Week beginning 23 rd May	Anytime Fitness	Anytime Fitness Gym Headington	Contact: Ricky Michhiana Club Manager Anytime Fitness Headington 116-120 London Road Headington, Oxford, OX3 9AX Tel: 01865 760148 Mobile: 07925602618 Email: manager.headington@anytimefitness.co.uk
ARK-T Community meal first Monday of each Month	12.00 – 14.00	Dementia Cafe	242 Barns Road Cowley Oxford OX4 3RQ	Contact: Jane Probeta Tel. 07827235418
ACHIEVE	10.15 – 12.00	WOW Space Weight Loss Programme	Barton Neighbourhood Centre	Just come along
Flow Fitness	10.40	Exercise classes	Old Headington Villiage Hall Dunstan Road	Contact Victoria Shore on: 07803 093554.
Zumba Gold	11.00 – 12.00	Zumba for seniors	Barton Neighbourhood Centre	Just come along
Line Dancing	18.30 – 19.30	Dancing Group	Barton Neighbourhood Centre	Just come along
Ceilidh Scottish Folk dance)	1 st Saturday of the month 07.30	Dancing	All Saints Church House New High Street	£2.00 www.allsaintsheadington.org.uk/Groups/371098/Ceilidh.aspx
Board Game Cafe	2 nd Monday of the month 07.30 – 21.30	Games	All Saints Church House New High Street	www.alsaintsheadington.org.uk/Groups/366032Board_Game_Caf%C3%A9.aspx
Jiu Jitsu	19.00 – 21.00		Risinghurst Community Centre	First session free! Contact: Tom Smith, tom.d.smith@outlook.com

Zumba	18.15 – 19.15	Dance/exercise	Risinghurst Community Centre	Contact: Wendy Allan, zumbawendyohft@gmail.com
Coffee and Craft Group	10.30 – 12.30		St Mary's Church, Barton	Contact: Lynn Bossward 01865 604263 info@stmarysbarton.com
Tea on Monday with Knit and Natter	Fortnightly 15.00 – 16.30		St Andrews Church Old Headington	Free Contact: Helen Small, 07944981493
Tuesday 24 May 2022 What's on ...	Time	What	Where	Additional Info.
Group Personal Training	12:15 – 13:00	Oxford Brookes University Sport or 'Brookes Sport'	Brookes Centre for Sport Cheney Lane Headington	No payment required Local provider of Sports and Physical Activity services Contact: Richard Ormiston-Rees, Fitness and Wellness Manager Email direct to reserve your place: rormiston- rees@brookes.ac.uk
Circuit Classes	19:00 - 20:00			
Drop-in session -puzzles etc.	14:00 - 16.00	Methodist Church	Lime Walk	1 st week free normally £1.00
Barton Community Larder	14.00 – 18.00	Community Larder, help achieve sustainable food in Oxford	Barton Neighbourhood Centre	Membership dependent. Contact: https://www.softa.uk.com/
Fix It Cafe	10.00 – 12.00	Fixes small electricals etc. Tea, coffee etc available so come and have a drink and a chat.	Gladstone Road Community Centre while Bullingdon Road Community Centre is being re- built	Look at: http://bullingdon-community-centre.co.uk for more info.
St Mary's Gardening Group	10.00 – 12.00	Anyone interested in gardening – membership open to all	St Mary's Church, Barton	Contact: Fiona Tracey, 07918463098 fionastmarysbarton@gmail.com
Tuesday Tots	10.00 – 12.00	An informal church gathering for babies, toddlers, preschoolers and their grown ups. We meet every Tuesday in term time.	Holy trinity Church Headington Quarry	Vicar.hthq@gmail.com
TLC Coffee Morning	1 st Tuesday of every month		St Ebbes Headington Church Lime Walk	https://www.stebbes.org/families
Man V Fat	19.00 -19.30	Weight loss group for men only	Barton Park Pavilion	Come along to first session
Yoga	18.30 - 19.30		https://www.softa.uk.com/	Come along for the first session

Weekly drop in at Church Hall	14.00 – 16.00	Open to all	Lime Walk Methodist Church	Contact: sue.greatmilton@outlook.com
Toddlers and Company	09.30	Toddlers and carers	Headington Baptist Church Old High Street	Contact: https://hbc-oxford.org.uk
HIIT Class	09:15	Jeneration Fitness	ALL Saints Church House	Fitness classes and personal training. Specialises in post-natal training and children are always welcome to come. Contact: Jen Skym, 07779909299, Jenerationfitnessuk@gmail.com
	10:15	Post-natal class		
Wednesday 25 May 2022 What's on ...	Time	What	Where	Additional Info.
Pilates classes	12:15 – 13:00	Oxford Brookes University Sport or 'Brookes Sport'	Brookes Centre for Sport Cheney Lane Headington	No payment required Contact details see above.
Group Personal Training	15:30 - 16:15			
Umbrella Club	13.00 – 15.00	Men only group – socialise and play board games	Barton Neighbourhood Centre	Come along, open to all. Contact: Gerti, 07485311346
Tai Chi	11.00 – 12.00		Barton Neighbourhood Centre	Just come along.
Dementia Café	14.30 – 16.30		Barton Community Church only open on the first Wednesday of each month	
Social Shed	09.30 – 11.30	Friendship group for adults with learning disabilities	Risinghurst Community Centre	Cost: £3.50 Contact: Lauren Wyatt, Laurenwyattpa@gmail.com
Pub Lunch	12.15 1 st Wednesday of the month		Britannia Inn London Road	Cost of the meal Contact Leon: minister@allsaintsheadington.org.uk
Splat	11.00	Babies, Toddlers and Carers	St Ebbes Headington Church 30 – 34 Lime Walk	£2.00 per adult £1.00 per child Contact: www.stebbesheadington.org/families
Light Bite	12.00 – 14.00		Headington Baptist Church	Contact: https://hbc-oxford.org.uk
Thursday 26 May 2022 What's on ...	Time	What	Where	Additional Info.
Free hot lunch	12:00 – 15:00	Open Door - for refugees	St Clement's Centre Cross Street	No payment required.
HIIT Class	09:15	Jeneration Fitness	Bury Knowle Park	
Post-natal Class	10:15			

Circuit Classes				
Folk Dance	19:00 - 20:00	Oxford Brookes University Sport or 'Brookes Sport'	Brookes Centre for Sport Cheney Lane Headington	No payment required. Contact details see above.
Barton Sings	20.00 – 22.00	Headington Quarry Folk Dance Club	Gladstone Road Community Centre	Contact: Keith Sollis, 01993 898132, Joyce Dawson, 01865 246458
Zumba	10.00 -12.00	Dementia Friendly Group	Barton Neighbourhood Centre	Just come along.
Ladies Lunch Group	18.30-19.30	Zumba class	Barton Neighbourhood Centre	£1 just come along.
Barton Health walk	12.00-14.00	ladies only group to have lunch, a cuppa and a chat	Barton Neighbourhood Centre	Contact: Gerti, 07485311346
Thursday Lunch Club	14.00-15.00		Barton Neighbourhood Centre	Open to all to come along (will be required to complete a form on arrival for safety)
Corpus Christi	1 st and 3 rd Thursday of the month, 12.30	Provides a two course home cooked meal for older people who live alone in the Headington area. First meal free - subsequent meals £5.	Corpus Christi Parish Hall Margaret Road	Contact: Katya Drummond, 01865 763161, katya@shotover.net
Friday 27 May 2022 What's on ...	Time	What	Where	Additional Info.
Coffee Morning	From 10:30	Quarry Coffee Morning	Jubilee room at the back of the village hall i.e. top of Margaret Road	Cost: £1.00 - £1.50 depending on circumstances. There is no need to contact anyone. Those interested can just turn up on the day. They will receive a very warm welcome.
Ploughman's Lunch	10:00 - 12:00 For Connected Communities Week this group will meet on 27 th May but usually the first Friday of the month	Quarry WI	The Coach House, Quarry Road	No charge but donations are possible. All are welcome to come along for a chat, cup of tea/coffee and a cake/savoury or two. Contact: Glenys Gaskin, 01865 741645
Stretch and Tone	1 st Friday of the month at 12.00		Lime Walk Methodist Church	Cost: £4.00 Contact: sue.greatmilton@outlook.com
Men's Football Social	10.00 -11.00		Barton Neighbourhood centre	Cost: £1, Just come along
General coffee morning	20.00 - 21.00	Men's Only Football Group	Barton Park Pavilion	Cost: £2, Open to all
	1 st Friday of each month		The Coach House, Quarry Road	Contact: Margaret Taylor, wardens@hthq.uk