



# STROUD OLDER PEOPLE'S COMMUNITY HUB

**SOME ACTIVITIES NEED PRIOR BOOKING SO FOR THIS AND FOR MORE INFORMATION  
PLEASE PHONE 01453 758420 OR EMAIL [uplandscaresevice@gmail.com](mailto:uplandscaresevice@gmail.com)**

<b>Until 29.11.15</b>	<b>MUSEUM IN THE PARK EXHIBITION: Stroud Valley Industries Fight Back</b> A bite-sized foyer display as part of our World War One commemoration programme which looks at the industries of the Stroud Valleys and the role they played in the war effort. Presented in collaboration with Stroud Local History Society. FREE
<b>Fri 2nd</b>	<b>Dementia Friendly Walk (Fair Shares)</b> — Meeting at Museum in the Park at 10.30 am for refreshments This is accessible to people living with dementia, but also open to anyone who would enjoy a gentle walk.
<b>Tue 6th</b>	<b>Claire Bader's Tai Chi Qi Gong</b> at 2.00 pm at the Maypole Hall, Paganhill. (phone no. 01453 886953 or mobile 07786 003993) and <b>Tai Chi Gong session on a THURSDAY at 10.30 am</b>
<b>Tue 6th</b>	<b>Craft and Chat</b> - We offer basic arts and crafts to mature residents living in and around Stroud. 2.00—3.30 pm at Grove Park Sheltered Housing scheme. Just turn up! Free
<b>Wed 7th</b>	<b>The Good Companions: Singing the Favourite Songs with Pat Sykes</b> at All Saints' Centre, Uplands 2 pm—4 pm (Phone 01453 758420)
<b>Thu 8th</b>	<b>MUSEUM IN THE PARK: 'Who Built Stroud Subscription Rooms'?</b> <b>Marion Hearfield</b> at 2pm A talk about the characters involved in the building and funding of the Subscription Rooms, and describes some of the highlights and lowlights of its first hundred years. Cost: £5/£3 Friends Booking necessary, call on 01453 763394
<b>Sat 10th</b>	<b>MUSEUM IN THE PARK: Stratford Park Tree Walk with Paul Rutter from Plantlife</b> at 3pm COST £3.50 Booking necessary, please call on 01453 763394
<b>Tues 13th</b>	<b>Craft and Chat</b> - We offer basic arts and crafts to mature residents living in and around Stroud. 2.00—3.30 pm at Grove Park Sheltered Housing scheme. Just turn up! Free
<b>Tue 13th</b>	<b>Claire Bader's Tai Chi Qi Gong</b> at 2.00 pm at the Maypole Hall, Paganhill. (phone no. 01453 886953 or mobile 07786 003993) and <b>Tai Chi Gong session on a THURSDAY at 10.30 am</b>
<b>Wed 14th</b>	<b>The Good Companions: A Talk from the New Village Agent Ann Robinson (GRCC)</b> at All Saints' Centre, Uplands (Phone 01453 758420)
<b>Thu 15th</b>	<b>MUSEUM IN THE PARK: Another Look at Stratford House and Park. Steve Hill</b> at 2.00 pm Steve Hill returns to Part 2 of the Stratford House and Estate History taking a closer look at the story during the 19th century. COST: £5/£3 Friends Booking necessary, please call on 01453 763394
<b>Fri 16th</b>	<b>Dementia Friendly Walk (Fair Shares)</b> — Meeting at Museum in the Park at 10.30 am for refreshments This is accessible to people living with dementia, but also open to anyone who would enjoy a gentle walk.
<b>Tue 20th</b>	<b>Craft and Chat</b> - We offer basic arts and crafts to mature residents living in and around Stroud. 2.00—3.30 pm at Grove Park Sheltered Housing scheme. Just turn up! Free
<b>Wed 21st</b>	<b>The Good Companions: Bring and Buy with a Quiz for Club Funds</b> at All Saints' Centre, Uplands (Phone 01453 758420)
<b>Thu 22nd</b>	<b>MUSEUM IN THE PARK: Ugly Mugs—Great Gloucestershire Gargoyles</b> with John Putley at 2.00 pm. They wait on walls, rest in roofs and blend into buttresses, but do you see them? COST@ £5/£3 Friends Booking necessary, please call on 01453 763394
<b>Thu 22nd</b>	<b>Uplands Memory Club</b> at All Saints' Centre, Uplands 2pm - 4pm (Ring 01453 759388 for more details)
<b>Wed 28th</b>	<b>The Good Companions: A talk on Friends for You Befriending Scheme</b> with Sue Black (GRCC) at All Saints' Centre, Uplands 2 pm—4 pm (Phone 01453 758420)

**The Uplands Care Service is open on Tuesdays, Thursdays and Fridays. Please Ring**

**01453 759388 for more information**

