



STROUD OLDER PEOPLE'S COMMUNITY HUB

SOME ACTIVITIES NEED PRIOR BOOKING. FOR MORE INFORMATION PLEASE PHONE 758420 OR EMAIL
uplandscare@service@gmail.com FOR MUSEUM PLEASE ENQUIRIES PLEASE PHONE 763394

UPLANDS MEMORY CLUB



in the All Saints Centre,
Uplands 2.00 pm on
Thursday 21st April.
Improvement of memory
skills through music and
song. 01453 758420

CRAFT AND CHAT SESSIONS



Every Wednesday after-
noon in Grove Park
Sheltered Housing —
from 2.00 — 3.30. Free.
Phone 01453 754559 or
just turn up

TAI CHI QI GONG

In the Maypole Hall,
Paganhill (next to Post
Office) Claire Bader's classes
meet every Tuesday at 2.00
pm and every Thursday at
10.30 am

For more details phone
Claire on 01453 886953
or 07786 003993



THE UPLANDS GOOD COMPANIONS

We meet every Wednesday after-
noon at 2.00 pm in the All Saints'
Centre, Uplands. We are a non-
sectarian group for all ages
who meet together for
friendship, informal talks
and social activities.



6th Quiz with Joint
Raffle, with everyone bringing a
small item

13th Vocation — A Pilgrimage
Through Life
Talk by The Rev'd Peter Quinnell

20th Celebrating The Queen's
special birthday

27th Bring and Buy for Club
funds with Quiz

There's a cup of tea and a warm
welcome. Advance Booking for
visits is necessary. TO FIND OUT
MORE PLEASE RING 01453
758420

Dementia Friendly Walks

(Fair Shares) meet
at Museum in the
Park at 10.30 am for refreshments
every first and third Friday of
the month.

Please phone Chris on 750952 to
check for more details.



MUSEUM IN THE PARK

01453 763394

Exhibition until 11th April 'World
War One - Sergeant Wyatt's Story
COST: Free This display tells the story
of Sergeant Bernard Wyatt, a young
man who joined the Royal Artillery in
January 1914.

Lecture: Saturday 9th April
Mary Greensted: Nature, Gardens
and the Arts and Crafts Movement
COST £7/£5 (Friends)

Spring Bird Walk: Sunday
17/04/2016 Join Mike McCrea for
a walk around Stratford Park in
search of signs of Spring. All wel-
come, wear your wellies or walk-
ing boots and meet outside the
Museum at 10.00 am. COST: Free

Stroud Chess Club meets
each Tuesday at Black Book
café at 1 Nelson Street at
7.30 (contact Adrian
Walker on 895683290)



LOCAL HISTORY SOCIETY

Thursday 18th
April at 7.30pm in St Laurence
Church Hall. Get 'Orf My Land —
Farming development in Glouces-
tershire up to c1900s and its influ-
ence on society. by John Putley
COST: £2.50 Members £3.50 Non-
Members Pay on Door.

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



01453 759388 for more information

