



OLDER PEOPLE'S COMMUNITY HUB CALENDAR

This Calendar comprises mostly free or low cost activities but some events may need prior booking with the organisation concerned and it would be advisable to phone first. If you would like your events included in the calendar, please email dilysatgopa@aol.com by 25TH of each month. Thanks

MUSEUM IN THE PARK

01453 763394

Here's a selection of the many events that are happening at the Museum this month. Advance booking and payment are necessary on the above number for all events (unless otherwise stated)

EXHIBITION

Sightlines

Sat. May 4, 2019 11:00 am to Sun.
Jun 2, 2019 4:30 pm

'Sightlines' is an exhibition by artists David Gates, Matthew Harris and Helen Carnac. Each of the artists share a concern for the way in which ideas, images and objects evolve through a process of building and construction *Artists will be in residence on 11 & 12 May and 18 & 19 May. (Open from 11am to 6pm. For full details see www.sitselect.org*

EVENTS

BuzzClub

Sat May 11, 2019 at 11:00
am 12:00 pm

It's time for BuzzClub to meet again. If you and your children or grandchildren want to find out more about the wonderful world of bees and how to encourage them, come and meet in the Museum Courtyard. **£3 per child, pay on the day, for accompanied children aged 5+.**

Poetry Evening in the Art Gallery

Thu May 16, 2019 7:30 pm - 9:00
pm Free Event, donations welcome

Come and mark the publication of a new Stroud Poets pamphlet with readings in the Art Gallery. Free entry, drinks and poetry books available to purchase.

THE UPLANDS GOOD COMPANIONS

We meet on Wednesday at 2.00pm in the All Saints' Centre, Uplands. Advance Booking for visits is necessary.



MAY

- 1st Our Dancing Years - Group recall of times when we were rather younger
- 8th Quiz - Sharpen your wits
- 15th These are a few of our Favourite things - Group participation - share some small treasured object
- 22nd Music for Spring time — discussion and Music -please feel free to bring along a suitable CD
- 29th Examples of my Sugar Craft work—Malvina Strang

For more details please ring
01453 758420 All Welcome

Gentle Park Walks



Meeting on Fridays

10th and 24th May 2019

We meet at 10.30am for at coffee at the Museum in the Park, Stratford Park, Stroud GL5 4AF

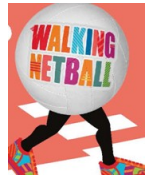
Walks start at 11am. A small charge is made for refreshments.

For more information phone Chris on
01453 706555

Ready, Steady,

Go....Come and join

Vicki Wood to have some fun at Stratford Park doing Walking Netball. No experience necessary. Pay & Play on the day



On Fridays at Stratford Park, Stroud, GL5 4AF

Time: - 12.00p.m. – 1.00p.m. Cost: £3.50 per person

Please spread the word and come and have fun! Phone Vicki & Gilly on 01452 616726



THE UPLANDS CARE SERVICE

'Caring for older people in the Stroud area'
at All Saints' Centre, Uplands
01453 759388

Are you a carer or know of an older person who may appreciate some support during the day?

Our programme includes companionship, a wide range of stimulating activities, a cooked lunch and refreshments throughout the day. Transport is provided

on Tuesdays, Thursdays and Fridays between 9.30 & 4.00
Please ring us or visit our website

uplandscareservice.org.uk
or email
uplandscareservice@gmail.com

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TALK

'In the North Wind's Breath' -
Talk with Andy Christian

Fri. May 17, 3:00 pm to 4:30 pm

Through meeting Winifred Nicholson in 1979, artist Andy Christian was befriended by contemporary artists and collectors including the wildly eccentric composer of the *Doctor Who* theme music, Delia Derbyshire.

This talk will focus on the textile aspects of the years spent at 'Banks Head' with works from that time to enjoy and share. **Tickets: £8 (concessions £6)**

EVENTS

Museum & Secret Garden Late

Fri. May 17 starting at 7:00 pm - 11:00 pm

Here's a chance to visit 'out of hours' and enjoy a relaxing look around the displays indoors and the enchanting garden outside. Entry free, teas, coffees, wine and Stroud Brewery beers for sale.

Free event, donations welcome.

Stroud Valleys Project Bat Walk

Fri. May 17, 8:30 pm - 10:30 pm

Encounter Stroud's many incredible types of bats with a local expert. Bring warm clothes and a torch. The Museum will be open late if you'd like to explore its displays or buy a cup of hot chocolate or tea.

Booking essential as numbers are limited - call SVP on 01453 753358 £5 adult, £2 child

PHONE 01453 763394

FOR MORE DETAILS



The Alzheimer's Society has a regular Memory Cafe in Stroud at:

Cashes Green Community Centre on the second Thursday of the month, 10:30 – 12:30pm.

More info: contact Rachel Stephens
Group Activity Support Manager
Alzheimer's Society
Agriculture House
Greville Close, Gloucester GL2 9RG
Tel: 01452 525222 / 07715 804312



Stroud and District



Members of U3A are fully involved in organising their own learning groups covering a wide variety of subjects. We also have a meeting on the first Thursday of the month at 2.30pm in St Laurence Church Hall, The Shambles. It costs £12 per person annually.

Please contact John Tyror by Email on:

johntyror@hotmail.com or phone 01453 752326 also look at our website on: www.u3asites.org.uk/stroud



Free Safe and Well Checks

We will complete a thorough safety check of your property, covering a number of topics, making you as safe as possible.



To receive your **FREE** Safe and Well Check at a convenient time to you

Freephone:

0800 1804140

or visit: www.glosfire.gov.uk

In event of fire, remember:
Get Out, Stay Out & Call The Fire Service

www.glosfire.gov.uk



Over 50s Exercise Classes

with Claire Bader at

Paganhill Maypole Hall, GL5 4AN

TUESDAY—Tai Chi Qi Gong at 2.00 pm

WEDNESDAY— Active

Independence U3A at 2.00pm

THURSDAY—Tai Chi Qi Gong U3A at 10.30 am

FRIDAY— Active Independence at 10.30

(Contact Claire on Landline:

01453 886953 or Mobile:

07786 003993)



MUSEUM IN THE PARK

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Stroud Shakespeare Festival

Thu. May 30 at 10:00

pm to Sun. Jun 2, 4:30 pm

Stroud Shakespeare Festival returns to kick off your summer with a Stroudie kaleidoscope of all things Bill.

Theatre, visual arts, craft, music, and children's workshops will delight both newcomers to Shakespeare's work, and those with annotated complete works. Come along and "fall into our rustic revelry!"

As well as performances from eighteen different companies, there are plenty of activities planned for the four days, including a children's trail, a dress-up box (not just for kids!), design a poster, and write your own sonnet. Refreshments available, from great local providers such as Grouch Coffee, and The Canteen.

Tickets range from FREE to £10, and are available from stroudshakespearefestival.com

FREE Six-Week Photography for Wellbeing Courses

Look Again at Nailsworth, Brimscombe, and Stroud

Make It Studios, Stroud.

Starts 8 May 10am to 12pm

For more information, to make a referral or to book contact Ruth Davey on ruth@look-again.org. Only 10 places per course so book now!