

Health Activities and Groups at Zest June 2018



New Social Dining Club for over 50's meets **every Friday 2.30 – 4pm**- come and get a meal (soup, sandwiches, cake, hot drinks) and pay a donation (minimum £3) as well as joining in with socialising, activities and board games. Call Samira on 0114 2702040 ext 231



Community Bike Rides for Ladies Next ride **Monday 18th June 11am** Come along to **Zesty Mondays** group cycling if you want to gain more confidence in cycling or haven't been on a bicycle in a long time, bikes provided, free of charge. Led by Nighat Ahmed – our Breeze cycling leader. Contact Nighat on 0114 2702040 ext 232 for more info.

Ladies Walking Group – Every Tuesday 2-3pm Starting on Tuesday 19th June. Meeting at reception in the Zest Centre.

Move More activities at Winn Gardens Free Chair Aerobics: **14th June 10 – 11.15** @ Winn Gardens Pavilion, Cycle Session: **20th June 10.30 – 11.30** @ Hillsborough Park, Guided Walk: **21st June 10 – 11** @ Winn Gardens Pavilion, Pilates: **28th June 10 – 11** @ Winn Gardens Pavilion. Call Sarah/Julie for more info – 0114 2702040 ext 232



Zest Health Team Weekly Timetable

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|-----------|--|---|
| | | | 09.00 – 10.00 Health Checks at Winn Gardens | 10.30 – 12.00 Walking Group Meet at Zest |
| | | | 10.30 - 12.00 Age Better 50+ Social Cafe Zest Cafe | |
| 12:30 – 14:30 Conversation Class Shipton Street training room | 12:00 – 14:00 Sewing Class Zest Library | | | Over 50's social dining Starting 11 th May 2.30 - 4pm in the Citrus Café |
| 13:00 – 14:00 Living Well Group Library (started May) | 14.00-15.00 Ladies Walking Group From Tuesday 19 th June | | 13.00 - 14.00 Health Checks Drop in Sessions Zest for Work | |
| | 18.00 - 19.00 New - Couch to 5k Started 17 th April | | 13.30 - 15.00 Carers Support Group Call Zest for dates | |





Ladies only Health Walks

Every Tuesday from 19th June 2-3pm



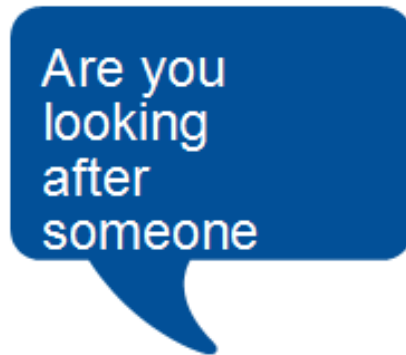
Meet at the main reception in the Zest Centre

Enjoy a great community walk and meet some new friends too

For more information

Call Samira on 0114 2702040

Email: health@zestcommunity.co.uk



11-17 June 2018



Carers Week Celebration Event Thursday 14 June 1- 3 at Zest.

Have a break doing Chair aerobics, be pampered with mini massages, and enjoy some pet therapy with a visit from guide dogs in training

Places must be booked in advance. Call Jenny on 0114 2702040, ext. 210.



For more information visit carersweek.org

© 2018 Carers UK is a charity registered in England/Wales (324628) and in Scotland (SC03607) and a company limited by guarantee (0207). Registered office: 20 Green Dove Street, London, SE7 4JD

Zest Centre, 18 Upperthorpe, Sheffield, S6 3NA



0114 2702040



Zest Community



@zestcentre



Powered by Royal Voluntary Service
Together for older people

Offering an alternative dining experience for
over 50's



Join us for Afternoon Tea & Board Games
Every Friday 2.30-4pm
Citrus Café, Zest Centre
£3.00 for food, drinks and activities

For more information or to book a place, please contact:
Samira Gjerde 0114 2702040 ext.231
ZEST, 18 Upperthorpe, Sheffield S6 3NA



Health Checks

- NO NEED TO BOOK
JUST DROP IN
- FREE &
CONFIDENTIAL
INFORMATION
- WEIGHT & BMI
- BLOOD PRESSURE
CHECKS
- LIFESTYLE SUPPORT
- SIGNPOSTING



**EVERY
THURSDAY
AT
ZEST for Work
1- 2PM**





Zesty Monday's Women's only Bike Rides

Monday 18th June

11am-12pm meet at Zest

All abilities welcome, bring your own road worthy bike and helmet. If you don't have your own don't worry we can provide them.

Contact our Breeze Champion Nighat on 01142702040 ext 232 or email health@zestcommunity.co.uk



Move More is Sheffield's physical activity plan that aims to transform Sheffield into the most active city in the UK by 2020

Sheffield – Get the #MoveMoreApp. Track your movement and make Sheffield the most active City.

