

South Oxfordshire GO Active Gold activities

GO Active Gold encourages people aged 60+ and living in rural areas, to live more active lifestyles

Activity	Venue	Start Date	Times	Days	Cost
Bowls	The Great Hall, Cholsey Meadows, OX10 9GW	ongoing	1.30 pm - 2.30 pm	Thu	club membership
Keep Fit Senior Circuits	Watlington Recreation Ground (summer times only)	ongoing	9.30 am - 10.30 am	Tuesday	£6
Keep Fit Senior Circuits	Watlington Memorial Club	ongoing	10 am - 11 am	Fri	£6 / £4.50
Keep Fit Senior Circuits	Goring Heath Parish Hall	ongoing	11.30 am - 12.30 pm	Thu	£6
Keep Fit Senior Circuits	Rotherfield Peppard Pavilion	ongoing	9.30 am - 10.30 am	Thu	£6
Keep Fit Senior Circuits	Dorchester Village Hall	ongoing	10 am - 11 am	Wed	£4
Keep Fit Senior Circuits	Nettlebed Village Club RG9 5DD	ongoing	11 am - 12 noon	Tue	£5
Keep Fit Senior Circuits	Christ the King Church, Sonning Common	ongoing	10 am - 11 am	Mon	£5
Keep Fit Senior Circuits	Beckley and Stowood Village Hall	ongoing	8.30 am - 9.30 am	Thu	£10
Keep Fit Senior Circuits	Forest Hill Village Hall	ongoing	10.30 am - 11.30 am	Tue	£6
Keep Fit Senior Circuits	Chinnor Pavilion	ongoing	11 am - 12 noon	Thu	£5
Table Tennis	Benson Youth Hall	ongoing	2 pm - 3 pm	Wed	£1
Table Tennis	Chinnor Methodist Church	ongoing	10 am - 11.30 am	Mon	£2
Table Tennis	Cholsey Great Hall	ongoing	11 am - 12 noon	Fri	£2
Table Tennis	East Hagbourne Pavilion	ongoing	10 am - 11 am	Tue	£2
Table Tennis	Chalgrove Village Hall	ongoing	10 am - 11 am	Mon	£2
Table Tennis	Chalgrove Village Hall	ongoing	10 am - 11 am	Thu	£2
Table Tennis	Shiplake Memorial Hall	ongoing	11.15 am - 12.15 pm	Wed	£2
Table Tennis	Horspath Hub	ongoing	10.00 am - 12 noon	Tue	£2
Table Tennis	Beckley Village Hall	ongoing	10.30 am - 11.30 am	Mon	£2
Table Tennis	Rotherfield Peppard Memorial Hall	10-Oct	10.30 am - 11.30 am	Wed	£2

For more information before turning up please contact:

Conor Grogan on 07717 326660, conor.grogan@southandvale.gov.uk

Simone Passeri on 07717 326661, simone.passeri@southandvale.gov.uk

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Tai Chi	The Diamond Jubilee Pavilion at Gallowstree Common	ongoing	11 am - 12 noon	Mon	£6
Tai Chi	Greet Memorial Hall, Warborough	ongoing	3.30 pm - 4.30 pm	Tue	£5
Tai Chi	Tetsworth Village Hall	10-Sep	10 am - 11 am	Mon	£5
Tai Chi for Health	Dorchester Village Hall	04-Jun	2 pm - 3pm	Mon	£5
Tai Chi	Kidmore End War Memorial Hall	ongoing	9.30 am - 10.30 am	Tue	£6
Tai Chi	Christ the King Church, Sonning Common	27-Sep	11.30 - 12.30	Thu	£4
Pickleball	Chinnor Village Hall	ongoing	1 pm - 2.30 pm	Mon	£2
Pickleball	Abbey Sports Centre (Berinsfield)	ongoing	9.30 am - 11 am	Tue	£3.40
Better Strength & Balance	Goring Community Centre (block bookings only)	ongoing	11.15 am - 12.15 pm	Wed	£7
Nordic Walk	Brightwell-cum-Sotwell volunteer lead group	ongoing	9.30 am - 10.30 am	Wed	Free
Monthly Orienteering	Shiplake Village	Contact Gareth Jones on 07711 898081 for more info			
Pilates	Nettlebed Village Club	ongoing	11 am - 12 pm	Mon	£8
Pilates	St. Michael's Church Hall, Sonning Common	ongoing	9.30 am - 10.30 pm	Mon	£7
Pilates	Russells Water Village Hall	ongoing	10.45 am - 11.45 am	Wed	£5
Walking Football	Bishopswood Sports Ground, Gallowstree Common	ongoing	11.30 am - 12.30 pm	Wed	£3
Walking Football	Chinnor MUGA	ongoing	11 am - 12 noon	Wed	Free

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Walking Football	Chalgrove MUGA	ongoing	6.30 pm - 7.30 pm	Wed	£4
Walking Football	Chalgrove MUGA (Behind Village Hall)	ongoing	11 am - 12 noon	Fri	£3
Walking Football	Crowmarsh Gifford playing fields (start again in Sept)	ongoing	11 am - 12 noon	Mon	£2
Yoga	Holton Village Hall (cheaper with block bookings)	ongoing	10 am - 11 am	Thu	£6 -7
Yoga	Stoke Row Pavilion	ongoing	10.30 am - 11.30 am	Thu	£8
Yoga	Watlington Memorial Club	ongoing	10 am - 11 am	Thu	£5
Yoga	St Lawrence Hall, Warborough	ongoing	4.30 pm - 5.30 pm	Thu	£5
Yoga	Brightwell-cum-Sotwell Village Hall	ongoing	12.30 pm - 1.30 pm	Thu	£5
Yoga	Shiplake Memorial Hall	ongoing	10 am - 11 am	Wed	£8-10
Yoga	Chinnor Pavilion	ongoing	10 am - 11 am	Thu	£5
Yoga	East Hagbourne Pavilion	ongoing	10.30 am - 11.30 am	Wed	£5
Yoga	Christ the King Church, Sonning Common	ongoing	10 am - 11 am	Thu	£5
Yoga	Ewelme Village Hall	ongoing	4.30 pm - 5.30 pm	Wed	£5
Yoga	Benson Lounge	ongoing	9.15 am - 10.15 am	Wed	£5
Yoga	Tetsworth Village Hall	12-Sep	10 am - 11 am	Wed	£5
Yoga	Christ the King Church, Sonning Common	ongoing	10 am - 11 am	Thu	£5
Zumba Gold	Benson Main Hall	ongoing	9 am - 10 am	Tue	£5
Zumba Gold	Chalgrove Village Hall	ongoing	9 am - 10 am	Fri	£5
Zumba Gold	Crowmarsh Gifford Village Hall	ongoing	9 am - 9.50 am	Wed	£5
Seated Exercise Class	Trench Green Village Hall	ongoing	10 am - 11 am	Fri	£5
Functional Fitness MOT	Woodcote Community Centre	13-Nov	2 pm - 3 pm	Tue	Free
Functional Fitness MOT	Millcroft Extra Care Unit, Wallingford, OX10 9FY	20-Nov	10.30 am - 11.30 am	Tue	Free

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