

Vale of White Horse 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	Time	Day	Contact	Cost
Chair Aerobics	Wootton and Dry Sandford Community Centre	ongoing	10.30am - 11.30am	Tuesdays	N	£5
Feldenkrais Course	Wootton and Dry Sandford Community Centre	02-Nov	2.00pm - 3.00pm	Tuesdays	N	Free
Keep Fit	Longworth Village Hall	ongoing	10.00am -11.00am	Wednesdays	N	£5
Keep Fit	Stanford in the Vale Village Hall	ongoing	10.00am -11.00am	Thursdays	N	£5
Keep Fit Senior Circuits	Radley Village Hall	ongoing	9.00am - 10.00am	Tuesdays	N	£8
Keep Fit Senior Circuits	Sunningwell	ongoing	11.00am - 12.00pm	Thursdays	N	£5
Keep Fit Senior Circuits	Appleton with Eaton Village Hall	ongoing	3.45pm - 4.45pm	Wednesdays	N	£5
Keep Fit Senior Circuits	Blewbury Clubhouse	ongoing	9.30am - 10.30am	Thursdays	A	£5
Nordic Walk	Wootton and Dry Sandford Community Centre	ongoing	10.00am -11.00am	Fridays	N	£6
Nordic Walk	Shrivenham (various start points)	ongoing	10.00am -11.00am	Tuesdays	N	£5

For more information please contact:

Dates in red are due to start or still are in the initial funded period

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Activity	Venue	Start Date	Time	Day	Contact	Cost
Orienteering	Collect Map from Ashbury Village Shop	ongoing	Any	Any	N	Free
Pickleball	Wootton and Dry Sandford Community Centre	ongoing	2.00pm - 3.00pm	Mondays	N	£3
Pickleball	Stanford in the Vale Village Hall	ongoing	11.00am-12.00pm	Fridays	N	£3
Pickleball	Kingston Bagpuize & Southmoor Village Hall	ongoing	9.30am - 10.30am	Mondays	N	£2
Pilates	Ashbury Village Hall	16-Oct	11.30am - 12.30pm	Tuesdays	N	£5
Table Tennis (Doubles)	Shrivenham Memorial Hall	ongoing	1.30pm - 2.30pm	Fridays	N	£1.5
Table Tennis (Singles)	Shrivenham Memorial Hall	ongoing	2.30pm - 3.30pm	Fridays	N	£2
Table Tennis	Watchfield Village Hall	ongoing	11.00am - 12.00pm	Thursdays	N	£2
Table Tennis	Kingston Bagpuize & Southmoor Village Hall	ongoing	11am - 12.00pm	Tuesdays	N	£2
Table Tennis	Wootton and Dry Sandford Community Centre	ongoing	11.30am - 12.30pm	Thursdays	N	£2
Table Tennis	East Hanney War Memorial Hall	ongoing	10.00am - 11.00am	Wednesdays	S	£4
Table Tennis	Kennington Youth Club	ongoing	11.00am - 12.00pm	Tuesdays	Z	£2
Tai Chi	Steventon Village Hall	ongoing	2.00pm - 3.00pm	Mondays	A	£5
Tai Chi	Radley Village Hall	ongoing	10.15am - 11.15am	Tuesdays	N	£5
Tai Chi	Watchfield Village Hall	ongoing	1.00pm - 2.00pm	Mondays	N	£4
Tai Chi	Marcham Baptist Church (4 sessions = £20)	ongoing	11.00am - 12.00pm	Mondays	N	Block bookings
Tai Chi	Matrix Music School, Sutton Courtenay	ongoing	10.00am - 11.00am	Thursdays	A	£6

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Activity	Venue	Start Date	Time	Day	Contact	Cost
Walking Netball Event	Appleton Village Hall	02-Nov	10.00am -11.00am	Tuesdays	N	Free
Walking Netball	Shrivenham Memorial Hall	09-Oct	11.00am -12.00pm	Tuesdays	N	£3
Yoga / Seated Yoga	Grove Adult Learning Building	30-Oct	10.00am - 11.00am	Tuesdays	N	£5
Yoga / Seated Yoga	Ashbury Village Hall	31-Oct	10.00am - 11.00am	Tuesdays	N	£5
Yoga / Seated Yoga	Shrivenham Memorial Hall	ongoing	10.00am -11.00am	Thursdays	N	£5
Yoga / Seated Yoga	Shrivenham Memorial Hall	ongoing	10.00am -11.00am	Wednesdays	N	£5
Yoga / Seated Yoga	Stanford in the Vale Village Hall	ongoing	3:00pm - 4:00pm	Wednesdays	N	£5
Yoga / Seated Yoga	Kingston Bagpuize & Southmoor Village Hall	ongoing	10.00am -11.00am	Wednesdays	N	£5
Yoga / Seated Yoga	Drayton Village Hall	ongoing	11.00am-12.00pm	Mondays	A	£5
Yoga / Seated Yoga	Grove Adult Learning Building	ongoing	1.00pm - 2.00pm	Wednesdays	N	£5
Yoga / Seated Yoga	Park Club, Milton Park	ongoing	10:00am - 11:00am	Thursdays	A	£5
Yoga / Seated Yoga	Blewbury Clubhouse	ongoing	10:00am - 11:00am	Tuesdays	A	£5
Yoga / Seated Yoga	Grove Adult Learning Building	ongoing	11.45am - 12.45pm	Tuesdays	N	£5
Zumba Gold	Stanford in the Vale Village Hall	ongoing	12.00pm - 1.00pm	Mondays	N	£5
Zumba Gold	Grove Village Hall	ongoing	10.00am - 11.00am	Wednesdays	N	£5
Zumba Gold	Dean Court Community Centre	ongoing	10.00am - 11.00am	Tuesdays	N	£5

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