

# CLASSES/GROUPS AT THE CENTRE

CommunityCentre  
MilfordonSea

Day	Time	Class/Group	Description	Space	Contact Details
<b>EXERCISE/DANCE CLASSES</b>					
Monday	10.30am & 12.00	Silver Swans	Ballet Class for the over 50s	Studio	Stephanie Constantine Smith forestsilverswans@hotmail.com   07949 183140
Monday	9.00am & 10.30am	Keep Fit / Brock College Pilates	Pilates class led by a tutor with a speciality in back care	Main Hall	Denise Couston rd.couston@btinternet.com   07786 474075
Tuesday	9am	Sea Earth & Sky – T'ai Chi/Qigong	Moving your body to nourish, replenish and balance your body, mind and soul. Nothing is needed – no mat, no props, just come and be good to yourself.	Studio	Petra petra_ramsden@yahoo.co.uk
Tuesday	10am & 11am	Pilates with Jutta	An unbeatable body conditioning programme to develop strength, tone and body awareness	Studio	Jutta Walmsley jutta_walmsley@hotmail.co.uk   07973 307598
Tuesday	6pm & 7.10pm	Diana Steer Pilates	Two classes on Tuesday evenings in the Studio - An ADVANCED class at 6.00pm; an IMPROVERS class at 7.10pm. Term times only.	Studio	Diana Steer dianasteer@talktalk.net   01425 610756
Wednesday	10am & 11am	Zumba Gold	It is low-intensity for everyone who is looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity.	Main Hall	Karina Parker karinazumba12@gmail.com   07701 367663
Wednesday	10am	T'ai Chi/Qigong & Breathwork with Petra	Breath-work & Meditation. Whatever your age or ability, just bring your smile, mat, props & come and be good to yourself.	Studio	Petra petra_ramsden@yahoo.co.uk
Thursday	9am	Yoga with Freda	An uplifting yoga class with a dynamic, flowing pace, which will leave you feeling physically stretched and mentally balanced	Studio	Freda Olliff freda_jan@hotmail.co.uk   07988 820010
Thursday	10.15am	DRU Yoga Stretch	Flowing movements and sequences that aid mobility and physical/mental stress relief suitable for all ages and abilities	Main Hall	Alison 07709314222   carneliandsoul@gmail.com
Thursday	9.30am	Yoga with Dr Mo	A gentle yet active yoga practice with a clear focus on alignment and modifications to accommodate individual abilities	Main Hall	Mo Vontz yogawithdrmo@gmail.com
Friday	9am & 10am	Pilates with Denise	Pilates class led by a tutor with a speciality in back care	Main Hall	Denise Couston rd.couston@btinternet.com   07786 474075
Friday	4.30pm	NJ Dance New Forest	Dance Classes for Children aged 3 and over	Studio	Natasha Joy njoydance@sky.com   07739 847124
Saturday	9.00am	NJ Dance New Forest	Dance Classes for Children aged 3 and over	Studio	Natasha Joy njoydance@sky.com   07739 847124
<b>MUSIC/ART CLASSES</b>					
Wednesday	6pm & 7pm	Harmonica Classes	Separate classes for Beginners (6pm) and Improvers (7pm) on Wednesday evenings	Studio	Dennis Rigg dennisrigg@me.com   01590 645839
Friday	10.30am	Fun on the Fiddle	Learn to play the violin in a friendly group environment - instruments supplied	Youth Room	Timothy Warren 07733 085290
Saturday	10.00am	ForTheLoveOf Art	Art classes for beginners and improvers, focusing on drawing skills and painting with watercolours. All equipment provided.	Youth Room	Rhiannon Williams info@fortheloveofartclasses.co.uk
Saturday	11.30am	ForTheLoveOf Art	6-week Art classes for youngsters age 12+. All equipment provided.	Youth Room	Rhiannon Williams info@fortheloveofartclasses.co.uk
<b>COMMUNITY ACTIVITIES</b>					
Monday	9.30am - 12am	Art Dementia	Fortnightly. Art workshops for those affected by dementia. Painting/drawing subjects of your choice. All materials provided. Support and help if required	Main Hall	annabelle.bezant@hotmail.co.uk
Monday	6.30pm - 8.30pm	Youth Club	For Year 8+ (No Sessions on Bank Holidays) Youth Club is a friendly/welcoming place where young people can meet with friends and take part in various leisure activities if they want to...and a tuck shop is available.	All rooms	Facebook page: mosyouthclub Email Jackie at Milfordyouthclub@outlook.com
Tuesday	10.00am - 12.30pm	Stroke Club	Our group welcomes people affected by stroke from anywhere within the New Forest, South West Hampshire/Dorset border areas. It is run by trained Stroke Association volunteers, some of whom have direct experience of stroke.	Youth & Committee Rooms	Lawrence Knight - 07894 460487 lawrenceknight@hotmail.co.uk
Tuesday	6.30pm - 8.30pm	Youth Club	For Years 6 & 7. Youth Club is a friendly/welcoming place where young people can meet with friends and take part in various leisure activities if they want to...and a tuck shop is available.	All rooms	Facebook page: mosyouthclub Email Jackie at Milfordyouthclub@outlook.com
Wednesday	11am - 1pm	Hearing tests from Solent Hearing	Peter Robertson, Milford resident and a qualified audiologist is providing a free walk-in service and includes a wax check and hearing screening.	Committee Room	Walk-in service...
Wednesday	6.30-7.30 7.30-8.30pm	Nutrition with Nikki	5 Week Healthy Digestion Group (4 info sessions) – Learn some nutrition basics – fibre, fermented foods, why is gut health important?	Committee Room	Nikki Robertson 07999 061 868 info@nutritionwithnikki.com
Friday	9.30am - 11.30am	Seahorses Playgroup	Seahorses Stay and Play Group is weekly during term time. The Group is open to parents/carers and their babies and pre-school children. Pre-booking required.	Main Hall	Jenny Whitley seahorses@moscommunitycentre.org.uk
Friday	9.00am - 11.30am	Solent Health Walk	Solent MIND's New Forest Wellbeing Centre run regular Milford on Sea Health Walks from the Community Centre and finishing with a cup of tea/coffee there.	Café & Committee Room	Jane Gibbons jmgibbons@hotmail.co.uk