



# Ways to Wellness

## Weekly wellbeing activities

### Mondays

Gym



10am-11.30am at the Fitness & Wellbeing Hub, Didcot, OX11 7HR £4

### Tuesdays

Karate



10am-11am at The Junction, 42 Lydalls Road, Didcot, OX11 7HZ £5

Connect & Create



11.30am -1.00pm at The Junction, 42 Lydalls Road, Didcot, OX11 7HZ Free

Silent Disco



1.00pm - 2.00pm at The Junction, 42 Lydalls Road, Didcot, OX11 7HZ £4

Zumba



2.00- 2.45pm at The Junction, 42 Lydalls Road, Didcot, OX11 7HZ £5

### Wednesdays

Tennis



11am-12noon, Blewbury Tennis Club, OX11 9HF £3

Gym



1.15pm-2pm at Powerhouse Gym, Chinnor RFC, Rectory Pavillion, Thame OX9 3JL FREE

### Fridays

Music & Dance



10.30am-11.30am, Didcot Leisure Centre, Didcot, OX11 8AY, £3

Football



11.00am-12.00pm, Boundary Park, Didcot, OX11 7AF, £3

Please contact Anita Powell if you'd like to come along to any of these  
[apowell@styleacre.org.uk](mailto:apowell@styleacre.org.uk) or 07760 527 610

Most activities are open to the wider learning disability community as well as Style Acre but please check first.