

## Forest Edge Activities (FEA)

For communities within and around the north-east edge of the  
New Forest - November 2022

We are still taking care to reduce the risk of Covid-19 transmission during our meetings. Please check details with the contacts below as timing, venues and fees may change.

**EXTEND:** Exercise to music to improve balance, mobility, coordination and wellbeing. Weekly on Monday 2.00 - 3.00pm. Landford Village Hall. £4.00 per session with a professional instructor. Refreshments included. **Contact: Pam 01794 884087**

**COMMUNITY CHOIR:** Fortnightly on Monday, 1.45 for 2.00pm. Sing until 3.00pm followed by tea & cakes. Landford Methodist Hall. £3 per session. **Contact: Ros 01794 390555**

**CRAFT:** 2nd & 4th Tuesday in each month 2.00 - 4.00pm. Landford Methodist Hall, £2.00 per session. **Contact: Justine 01794 322016**

### **WALKING:**

Rambling: 4-5 miles at a moderate pace.

'Strambling': 3-4 miles intermediate pace and terrain.

Strolling: 2-3 miles, easy walks at a gentle pace.

Wednesday mornings weekly. Details are notified by email or phone.

All walks 50p. **Contact: Margery 01794 390525**

**PHOTOGRAPHY:** 3<sup>rd</sup> Thursday in each month. Blue Room, Landford Village Hall, 2.30-4.30pm £2.00 per session. Outdoor practical sessions may be re-introduced at times to be arranged, usually 1st Thursdays. **Contact: Merv: 01794 390678**

**WORDPLAY:** Word puzzles, games and quizzes. Monthly on 2nd Friday 2.00 - 4.00pm, Nomansland Reading Room. £2.00 per session. **Contact: Rhona 01794 390636**

FEA Annual membership fee £5 (Aug-July) (£3 for May - July) gives access to all sections. First session in any Section is free of charge. Section fees cover hall rent, refreshments and equipment. New members are always welcome.

FEA is organised by volunteers.  
(Formerly the Healthy Landford Group).