## A Charles Con

Your bi-monthly guide to what's on at Belong Chester

July / August 2025

### Taste the tropics Exotic fruit tasting experience



Summer Holiday Celebrate summer with music and fun

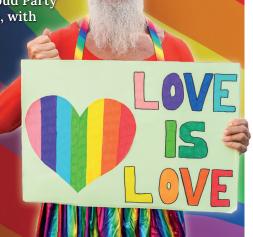




#### Loud, Proud & Ready to Celebrate

Get your rainbow gear ready and join us for a fabulous, all-inclusive celebration of Chester Pride!

We're kicking things off with our Loud and Proud Party on Friday 15 August from 2:30pm in The Venue, with an afternoon full of uplifting music, dancing, delicious food, and joyful energy. Dress to impress in your brightest rainbow colours and come celebrate love, equality, and community with us. The fun doesn't stop there - on Saturday 16 August, we'll be joining the Chester Pride Parade! If you'd like to take part, meet us at the village reception at 11:30am as we head out for a colourful walk through the city, celebrating the LGBTQ+ community and soaking up the fantastic party atmosphere. Booking required for both events - call 01244 445500.



#### High-speed Sunday

Feel the thrill of the track without leaving your seat as we screen one of the biggest racing events of the year live on the big screen in The Venue. Join us on Sunday 6 July at 3pm to catch all the fast-paced action and cheer on your favourite drivers in this exciting F1 showdown. Entry is free but book your spot early – this is one race you won't want to miss!



Get ready to stretch, smile, and feel the magic of movement as we welcome Lynne from Northwest Dance Studios to The Venue for two special armchair ballet sessions this summer.

Join us on Friday 11 July and Friday 8 August at 2:30pm on both dates, where Lynne, a professionally trained ballet teacher, will lead gentle seated ballet classes designed



for all abilities. These elegant sessions will introduce you to the basics of ballet technique, style, and expressive movement – all from the comfort of a chair! Sessions offer a safe, supportive, and uplifting atmosphere perfect for improving posture, flexibility, and coordination – with a dash of graceful fun. Cost £3 – call early to reserve your spot.

#### History talk



Join us in The Venue on Friday 18 July at 2:30pm, for a fascinating exploration of Chester's Methodist Central Hall from 1873 – 1982. We will delve into this iconic building's history through local archives, records and pictures, whilst sharing personal stories. Free entry but early booking essential.

#### B's memory café



B's Café offers a warm and welcoming space where families, friends and carers of people living with dementia can enjoy a range of experiences, access support, and form new friendships over a cuppa and cake!

The next sessions will take place on Wednesday 23 July with live vocalist Tony Boyle, performing music through the decades, and Wednesday 27 August with Admiral Nurse Caroline Clifton. Both sessions run from 2pm – 4pm in The Venue and are free to join. Call 01244 445500 for more information or to book

#### Loud, Proud & Ready

Inclusive celebration of Chester Pride!



Armchair ballet
Feel the magic of movement





We welcome members of the whole community



#### Tai Chi

Local Tai Chi instructor, Maria Yuen, will be hosting a Tai Chi class, on Friday 4 July at 3pm in The Venue. With over 30 years' experience, she will expertly guide us through a series of slow, gentle movements and postures, fostering a meditative state of mind and encouraging controlled breathing. This practice offers many benefits to balance, cognitive function, physical strength and relaxation. Cost £3pp; booking essential.

#### Taste the tropics

Join us in The Venue on Wednesday 13 August at 2:30pm for a fun and flavourful exotic, tropical fruit tasting experience. Discover a world of unique and unusual fruits from far-flung places – from tangy and tropical to sweet and surprising. It's the perfect chance to try something new, learn a bit about each fruit, and maybe even find a new favourite snack!

Cost £5pp – booking required.



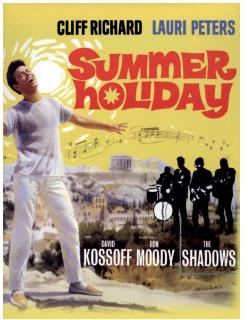
# Wild Bill Step inside The Venue for a fun afternoon with Wild Bill, featuring standup comedy and line dancing, on Wednesday 6 August at 2pm. Suitable for all abilities, we invite you to take to the dance floor, or join in from the comfort of your chair, as we step and stride along to a variety of country and western songs. Cost £3pp; booking required.

#### Community gym

Get active and have fun with our chair-based exercise sessions, led by Exercise Specialist Louise Warr, held every Monday at 2:30pm. Perfect for all fitness levels,



the sessions are a great way to improve general mobility, balance, strength and overall wellbeing, whilst listening to some lively music to get you going. Cost £3pp; booking required.



Get into the holiday spirit right here in The Venue with a special big screen showing of this popular summer musical on Tuesday 19 August at 2:30pm. Sing along with Cliff Richard as we journey through this feel-good classic, complete with catchy tunes and sunshine vibes. We'll be bringing the seaside to you with a fun ice cream station and

refreshing drinks to keep you cool while you enjoy the show. Cost £5pp – booking essential, so call now to secure your seat for this cheerful summer treat!

#### Church service

We congregate twice a month on Thursdays for our village church services in The Venue. We welcome our community to join us on 3 July and 7 August at 2:30pm, with Father Paul and 16 July and 28 August at 2:30pm, with Reverend Robin. The Bistro is open for lunch so why not come and enjoy before the service? New faces welcome; we look forward to seeing you.

Our events programme is inspired by the interests of our community. If there is anything you would like to see added, please share your ideas with our Experience Coordinator, Charlotte Parton or email charlotte.parton @belong.org.uk







For more updates of special offer and events follow us on Facebook, Instagram and X.