

The Ark Stoke Mandeville Timetable 2026:

Sessions run every Tuesday, 2pm - 3pm

Location: 28 Risborough Road, Stoke Mandeville, HP22 5UT

- 23rd June
- 30th June
- 7th July
- 14th July
- 21st July
- 28th July
- 4th Aug
- 11th Aug
- 18th Aug
- 25th Aug
- 1st Sep
- 8th Sep
- 15th Sep
- 22nd Sep
- 29th Sep
- ...

We also run these sessions at other venues:

Wendover Session: Every Wednesday 1:15pm-2:15pm.

Wendover Health Centre, Aylesbury Rd, Wendover HP22 6LD

Aylesbury Session: Every Wednesday 2:30pm-3:30pm.

Health On The Highstreet Unit 33, Friars Square Shopping Centre (next to Waterstones), Aylesbury, HP20 2QF

Weston Turville Session: Every Thursday 1:45pm-2:45pm.

Weston Turville Village Hall, School Approach, Weston Turville, Aylesbury HP22 5RW

All venues cost £3 per session, please pay for your session in cash when you arrive.

For further information please contact Amelia Evans: amelia.evans@aitc.org.uk / 07399 748803
<https://www.activeinthecommunity.org.uk/over-50s/>