



**Autumn into Winter
November – December
2021**



Catch the last of the leaves and feel the first of the frosts with us in the parks. Join us and help rustle up spring bulb planting, awesome advent calendars and brilliant bird feeders. Plus, there's festive frisbee, star gazing and some Christmas calming tai chi. Follow us on [Facebook](#) for updates.

For booking and information about events please email peter@parksfoundation.org.uk or call/text 07384 790048 unless otherwise stated

Monday 1 November 2:00pm – 4:30pm

Start the week – Knyveton Gardens

Get going with gardening in our lovely Springbourne park. All served up with tea at three.

Please book. Meet Knyveton Gardens, Southcote Road/Frances Road, Springbourne, BH1 3RY

Tuesdays in November 9:00am – 10:00am

Tai Chi Qi Gong – Zoom

Choose Tuesdays for online Qi Gong. Join Jenny Newman each week for gentle exercise from home. There are in-person sessions in the park every Thursday too.

To request the Zoom link and find out more, please email perfectionworld@hotmail.co.uk

Wednesday 3 November 7:30pm – 8:15pm

What's Up - Zoom

An informal and informative forty minutes of astronomy with local amateur astronomer, Kate Earl. Using video clips, photos and simulations of the solar system, Kate will show us what we can look forward to when we look up at our November night sky, as well as a summary of the latest space news. This month we'll also take a more in depth look at Jupiter and Saturn.

To request the Zoom link and find out more, please email peter@parksfoundation.org.uk

Thursday 4 November 10:00am – 11:00am

Tai Chi Qi Gong – Shelley Park

Move gently into autumn and connect with nature and the wonderful meditative benefits of Qi Gong. Jenny Newman is in the park this and each Thursday through November.

Please book. Meet Shelley Park, Chessel Avenue, Boscombe BH5 1FG

Monday 8 November 2:00pm – 4:30pm

Gardening gloves at the ready – Knyveton Gardens

An easy-going regular gardening get-together, with refreshments to keep us going.

Please book. Meet Knyveton Gardens, Southcote Road/Frances Road, Springbourne, BH1 3RY

Wednesday 10 November 11:00am – 1:00pm

Bench painting party – Shelley Park

This does what it says on the tin. Please come and help with some redecoration of park benches.

Please book. Meet Shelley Park, Chessel Avenue, Boscombe BH5 1FG

Booking by emailing peter@parksfoundation.org.uk or call/text 07384 790048 unless otherwise stated



Thursday 11 November 10:00am – 11:00am Tai Chi Qi Gong – Shelley Park

Join our guide Jenny Newman to connect with nature and the wonderful wellbeing benefits of Qi Gong.

Please book. Meet Shelley Park, Chessel Avenue, Boscombe BH5 1FG

Sunday 14 November 2:00pm – 4:00pm Frisbee fling – Shelley Park

Join former-UK Frisbee Champion Gary Williams for a frisbee fling. Gary competed in the World Championships at Rose Bowl Pasadena and will be available to show you some tips and tricks to improve your game. On hand to help you find your feet will be or very own Parks in Minder Jo Worley.

Meet Gary and Jo there! Glide in anytime during the afternoon.

No booking required. Meet Shelley Park, Chessel Avenue, Boscombe BH5 1FG.

Tuesday 16 November 10:30am – 12:30pm Autumn leaves, winter trees – Kings Park

Be inspired by the changing seasons and our local trees as they change from glorious autumn to winter dormancy. Artist Anna Shiels will show us a range of mark-making techniques to help you make individual artwork inspired by autumn leaves and winter trees.

Please book. Meet at the café, Kings Park Athletics Stadium, King's Park Dr, Boscombe BH7 7AF

Wednesday 17 November 10:30am – 1:00pm Throw in the trowel – Woodland Walk

Join us for bulb planting to help to make the wood burst with blooms in spring. Trowels and gloves provided but please bring your own if you have them.

Please book. Meet entrance to Woodland Walk, Christchurch Road, Boscombe BH7 6AN

Thursday 18 November 10:00am – 11:00am Tai Chi Qi Gong – Shelley Park

Connect with nature and our guide Jenny Newman for the wonderful wellbeing benefits of Qi Gong.

Please book. Meet Shelley Park, Chessel Avenue, Boscombe BH5 1FG

Tuesday 23 November 2:30pm – 4:30pm Woodland to Wonderland – Horseshoe Common

Some light woodland conservation work followed by a visit to Bournemouth's Christmas Tree Wonderland.

Please book. Meet Horseshoe Common, opp. 134-136 Old Christchurch Road, Bournemouth BH1 1NL

Thursday 25 November 10:00am – 11:00am Tai Chi Qi Gong – Shelley Park

Join our guide Jenny Newman to connect with nature and the wonderful wellbeing benefits of Qi Gong.

Please book. Meet Shelley Park, Chessel Avenue, Boscombe BH5 1FG

Thursday 25 November 10:30am – 12:30pm Advent calendar making Part 1 – Kings Park

Don't count the days, make the days count. Get cutting, sticking and gluing to create your own completely unique, nature-inspired, advent calendar - to keep or to give away. Containing personal messages, tiny drawings and a few surprises, these advent calendars will be a real seasonal treat without the calories!

Please book. Meet at the café, Kings Park Athletics Stadium, King's Park Dr, Boscombe BH7 7AF

Tuesday 30 November 10:30am – 12:30pm Advent calendar making Part 2 – Kings Park

More cutting, sticking and gluing to create your own completely unique, nature-inspired, advent calendar - to keep or to give away, and to open from tomorrow.

Please book. Meet at the café, Kings Park Athletics Stadium, King's Park Dr, Boscombe BH7 7AF

Booking by emailing peter@parksfoundation.org.uk or call/text 07384 790048 unless otherwise stated



Wednesday 1 December 11:00am – 1:00pm Feed your feathered friends – Shelley Park

Join Jan Cooke and Peter to cook up tasty fat balls and bird feeders to supplement the diet of our garden birds this winter. Take the feeders home to keep or to give to someone for Christmas.

Please book. Meet Shelley Park, Chessel Avenue, Boscombe BH5 1FG

Wednesday 1 December 7:30pm – 8:15pm What's Up – Zoom

Join us on Zoom for an informal half hour of astronomy with local amateur astronomer, Kate Earl. Using video clips, photos and simulations of the solar system, Kate shows us what we can look forward to in our December night sky, as well as a summary of the latest space news. This month we'll find out when to spot three bright planets in a line, how to see the elusive planet Mercury, and learn about the Geminid meteor shower.

To request the Zoom link and find out more, please email peter@parksfoundation.org.uk

Thursday 2 December 10:00am – 11:00am Tai Chi Qi Gong – Shelley Park

Winter drawers on! Dress for the weather and the wonderful benefits of Qi Gong out of doors.

Please book. Meet on the lawn in Shelley Park, Chessel Avenue, Boscombe BH5 1FG

Sunday 5 December 2:00pm – 4:00pm Frosty frisbee – Shelley Park

Wear something festive for a fabulous frisbee fling. Join Parks in Minder Jo and our frisbee-find, former-UK Frisbee Champion Gary Williams to learn some throwing tips and tricks. Glide in anytime to throw some discs to some cool Christmas tracks.

No booking required. Meet Shelley Park, Chessel Avenue, Boscombe BH5 1FG.

Monday 6 December 2:00pm – 4:30pm Hoe hoe hoeing – Knyveton Gardens

It's beginning to look a lot like Christmas puns. Weeding and other pottering to perk up the park.

Please book. Meet Knyveton Gardens, Southcote Road/Frances Road, Springbourne, BH1 3RY

Tuesdays 7 -21 December 9:00am – 10:00am Tai Chi Qi Gong – Zoom

Choose Tuesdays for online gentle weekly exercise with Qi Gong teacher Jenny Newman.

To request the Zoom link and find out more, please email perfectsoundworld@hotmail.co.uk

Tuesday 7 December 11:00am – 1:00pm Glad tidyings – Horseshoe Common

A tidy of the common, followed by hot drinks and mince pies - as is common at this time of year.

Please book. Meet Horseshoe Common, opp. 134-136 Old Christchurch Road, Bournemouth BH1 1NL

Wednesday 8 December 10:30 – 1:00pm Oh come all yea spadeful – Woodland Walk

We need you to brighten up the wood! Please join us for brilliant bulb planting, in a look forward to next spring. Trowels and gloves provided but please bring your own if you have them.

Please book. Meet entrance to Woodland Walk, Christchurch Road, Boscombe BH7 6AN

Booking by emailing peter@parksfoundation.org.uk or call/text 07384 790048 unless otherwise stated



Wednesday 8 December 6:00pm – 7:30pm

Christmas lights in the sky – Hengistbury Head

Join us for an early evening of stargazing. Kate Earl takes us on a tour of the circumpolar northern constellations and the myths behind them. Find out how to spot planets, and if we're lucky see a few early Geminid meteors. We recommend that you wear warm clothing, sturdy shoes and bring hats, gloves and scarves. Event will move to Thursday 9 December if cloudy.

Please book. Meet outside Hungry Hiker Café, Hengistbury Head, Broadway BH6 4EN

Thursday 9 December 10:00am – 11:00am

Christmas calm – Shelley Park

Wrap up warm and join Jenny to connect with elements and the wonderful wellbeing benefits of Qi Gong.

Please book. Meet Shelley Park, Chessel Avenue, Boscombe BH5 1FG

Monday 13 December 2:00pm – 4:00pm

All things bright and beautiful – Knyveton Gardens

A spruce up in the gardens, hanging of Christmas tree lights and a tree-mendous tea at three.

Please book. Meet Knyveton Gardens, off Southcote Road/Frances Road, Springbourne, BH1 3RY

Tuesday 14 December 10:30am – 1:00pm

All the trimmings – Fisherman's Walk

A cut and tidy of the gardens with the Friends of Fisherman's Walk. Festive refreshments to keep us going.

Please book. Meet the pond garden, Fisherman's Walk, Boscombe Overcliff Drive, Boscombe BH6 3SQ

Thursday 16 December 10:00am – 11:00am

Chai tea Tai Chi – Shelley Park

Pop along to the park for our last Tai Chi Qi Gong session before the new year. Today, a unique blend of gentle meditative exercise followed by chai tea and mince pies. Other hot beverages available.

Please book. Meet Shelley Park, Chessel Avenue, Boscombe BH5 1FG

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Peter Holloway

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 [Bournemouth Parks in Mind](#)

