

THE SERVICES WE OFFER

WEEKLY ACTIVITIES

Monday

Guitar Lessons: 10.00 - 12.00

Fit 4 Life: 10.00 - 11.00

Gardening Club: 10.00 - 11.00

Games Afternoon: 13.00 - 15.00

Family History: 13.00 - 15.00

Technology Support: 13.00 - 15.00

*Advance Booking is Essential for Family History
& Technology Support*

Tuesday

Ukulele: 10.00 - 12.00

Tai-Chi (Chair based): 11.00 - 12.00

Music for All: 13.00 - 15.00

Tai-Chi: 14.00 - 15.30

Wednesday

Indoor Bowls: 13.00 - 15.00

Table Tennis: 13.00 - 15.00

Thursday

Art & Craft: 10.00 - 12.00

Vital Motion: 9.45 - 10.45

Vital Motion: 10.50 - 11.50

Friday

Needlecraft: 10.00 - 12.00

Singing for All: 12.45 - 13.45

FREE TASTER SESSIONS AVAILABLE FOR ALL ACTIVITIES

LUNCHEON CLUB

Operates Monday to Friday

Eat With Us Here at 12.00 noon

Home Deliveries Arrive Between 12.00 - 13.00

Please book in advance. Menu updated weekly, see website.

COMMUNITY CAFÉ

Mondays, Wednesdays & Fridays: 10.00 until 14.00

CHARITY SHOP

Tuesdays, Wednesdays & Thursdays: 10.00 until 14.30

YOUR CONTRIBUTION TO COSTS

ANNUAL MEMBERSHIP - £15.00

(Renews Every April)

Activity	Members	Visitors
Bowling/Table Tennis	£5.50	£6.00
Tai Chi	£5.50	£6.00
Tai Chi (Chair-Based)	£5.50	£6.00
Music for All	£3.00	£3.50
Art	£5.50	£6.00
Vital Motion (Chair-Based)	£4.50	£5.00
Needle Craft	£3.00	£3.50
Fit 4 Life	£5.50	£6.00
Ukulele	£5.50	£6.00
Guitar for Beginners	£5.50	£6.00
Singing for All	£3.00	£3.50
Monday Social	£3.50	£3.50
Family History	£5.00	£6.00
Technology Support	£2.50	£3.00
Lunch Club	Members	Visitors
Two Course Lunch with Tea/Coffee	£6.00	£7.00
Meals Out <small>Includes delivery</small>	£7.00	N/A

Volunteer Opportunities Available Across All Areas
CALL US TO FIND OUT MORE