



WHAT'S ON EACH WEEK

Monday

Intermediate Guitar : 10.00 - 12.00

Fit 4 Life: 10.00 - 11.00

Gardening Club: 10.00 - 11.00

Monday Social: 12.00 - 15.00

Family History: 13.00 - 15.00

Technology Support: 13.00 - 15.00

NB. Family History & Technology Support are One-To-One Sessions. Advance booking essential.

Tuesday

Ukulele: 10.00 - 12.00

Tai-Chi (Chair based): 11.00 - 12.00

Music for All: 13.00 - 15.00

Tai-Chi: 14.15 - 15.45

Wednesday

Indoor Bowls: 13.00 - 15.00

Table Tennis: 13.00 - 15.00

Thursday

Art Class: 10.00 - 12.00

Vital Motion: 10.00 am start
(Chair-Based)

Vital Motion: 10.50 am start
(Chair-Based)

Friday

The Friday Table: 10.00 - 12.00

FREE TASTER SESSIONS AVAILABLE
FOR MANY ACTIVITIES

When funding is available, we offer additional fixed-term weekly or monthly activities, many at no cost at all to you. Please call us, or view our notice board inside, for details of opportunities that are currently available.

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.

CHARITY SHOP

Monday to Friday:

10.00 until 14.00

SUBJECT TO VOLUNTEER AVAILABILITY

COMMUNITY CAFÉ

Monday to Friday:

10.00 until 14.00

Food orders taken up to 1.15 pm.

YOUR CONTRIBUTION TO COSTS

ANNUAL MEMBERSHIP - £20.00

Membership, renewable each April, provides a small discount off our lunch club and most activities.

| Activity | Member | Non-Member |
|------------------------------------|--------------------------------|------------|
| Bowling/Table Tennis | £5.50 | £6.50 |
| Tai Chi | £5.50 | £6.50 |
| Tai Chi (Chair-Based) | £5.50 | £6.50 |
| Music for All | £3.00 | £4.00 |
| Art | £5.50 | £6.50 |
| Vital Motion (Chair-Based) | £4.50 | £5.50 |
| The Friday Table | No Charge (donations welcomed) | |
| Fit 4 Life | £5.50 | £6.50 |
| Ukulele | £5.50 | £6.50 |
| Intermediate Guitar | £5.50 | £6.50 |
| Monday Social (Includes Set Lunch) | £4.50 | £5.50 |
| Family History (One-to-One) | £5.00 | £6.50 |
| Technology Support (One-to-One) | £2.50 | £3.50 |

| Lunch Club | Member | Non-Member |
|--------------------------------|--------|------------|
| Two Course Lunch + Drink | £6.50 | £7.50 |
| Meals Out Includes delivery | £7.00 | N/A |

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

Prices effective from 1st April 2026