

For anyone over 50

Issue Date: 10/08/2026	Monday	Tuesday	Wednesday	Thursday	Friday
Café		Walking to Wellness for all abilities 1.45 – 3.00pm FREE		Its Thursday... Lets Do Lunch 12.00–2.30pm £5:00 (Booking Required)	Veterans Breakfast 10.00–12.00pm Quiz 1.00– 2.30pm (2nd & 4th of the month) £2.50 Bingo & Lunch club 12.30–2.30pm (3rd of the month) £6.00 Bingo extra/ Booking required
Mezzanine	Craft & Chat 10.00–12.00pm £2.50 Social Crochet/ Knit & Natter 1.00–3.00pm £2.50	Dominoes Morning 10.00–12.00pm £2.50	Charity Knitters 10.00–12.00pm £2.50	Social Stitch 'n' Craft 10.30–12.30pm £2.50	Rummikub 12.30–2.30pm £2.50
Conference	Mat Based Pilates 12.30pm –1.30pm £5.00	Moving on Stroke Group 1.00–3.00pm £2.50 (last Tuesday of the month)	Yoga 10.30–11.30am £5.00 LifeTime Choir 12.00–1.30pm £5.00 Activities for People living with Dementia 1.30–3.30pm £2.50 (Booking required)	Chair Based Pilates 12.30pm –1.30pm £5.00 BoostFit 2.00pm –2.45pm £5.00	Film & Lunch Club 11.00– 2.00pm (1st of the month)Booking required £1.50 Hot Drink
Main Hall	For the Love of Art 1.00–3.00pm £5.00		Café Opening Times: Monday-Friday 09.30-2.30pm 	Let's Get Crafty 10.30–12.30pm £2.50	Table Tennis 10.00–12.00pm No Charge
Room 3		Hear to Meet 10.30 –12.00pm £2.50 (1st Tuesday of the month) Fibromyalgia Support Group 11.00–1.00pm £2.50 (3rd Tuesday of the month)		Bold Street Writers 10.00–12.00pm £2.50 Hear to Meet 1.00–3.00pm £2.50 (3rd Thursday of the month)	'The New Open Gate' – Writing & Poetry Class with Terry Caffrey 10.30–12.30pm £5.00
Training Room 1	Happy Ukulele Music Group 10.30–12.30pm £2.50	Jukebox Sing a long 11.00–1.00pm (2nd & 4th of the month) £2.50	Puzzle & Trivia 10.30–12.00pm £5.00	Camera Club 1.00–3.00pm £2.50 (except 3rd of the month	
IT Suite- Mezzanine		IT One to One 12.00–2.00pm			Computer Club (Every other week) 10.00–11.30am

