



# Govenek

## Balance and Stability Sessions

Improve your strength, get active, have fun, and make new friends.



**Monday's | 10am-11am**



**Crantock Street,  
Newquay. TR7 1JR**



**[govenek@ageukcornwall.org.uk](mailto:govenek@ageukcornwall.org.uk)**

**01637 876150**



# Govenek Knit & Natter



Meet people with shared interests,  
enjoy great conversations - come  
and craft with us in Newquay.



Tuesday's | 1pm - 2.30pm



Crantock Street,  
Newquay. TR7 1JR



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# Govenek Carers Group

Friendly, informal get-togethers  
where you can chat with others about  
your caring role.



Wednesday's | 10am – 11.30am



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Newquay. TR7 1JR



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# Govenek Memory Hub

Cornwall &  
the Isles of Scilly  
**ageUK**  
Let's change how we age

We provide a safe environment, where  
anyone affected by memory loss can  
find support.



**Thursday's | 10am – 11.30am**



**Crantock Street,  
Newquay. TR7 1JR**



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# Govenek Tech & Tea



An opportunity to learn new skills, get online, share tips - getting more out of technology.



Thursday's | 1pm – 2pm



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# Govenek Happy Voices

 Cornwall &  
the Isles of Scilly  
**ageUK**  
Let's change how we age

Join a fun, connective, singing group  
that unlocks the power of memories  
through music.

 **Friday's | 1pm – 2pm**

 **Crantock Street,  
Newquay. TR7 1JR**



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