

Thursday

10:00am-11:00am	Yoga	£3.80
10:00am-11:00am	Beginners Spanish	£3.00
11:15am-12:15pm	Beginners French	£3.00
11:30am-12:30pm	Country Dancing	£3.80
12:45pm-1:45pm	Intermediate Spanish	£3.00
1:00pm-3:00pm	New Age Kurling	£3.00

Friday

9:15am-10:15am	Table Tennis	£1.00
10:30am-11:30am	Pilates	£3.80
12:00pm-1:00pm	Walking Football	£1.50
1:30pm-3:00pm	Indoor Bowls	£1.95

We offer many services at our Park Street Activity Centre. Come and see what Age UK Lincoln & South Lincolnshire can do for you.

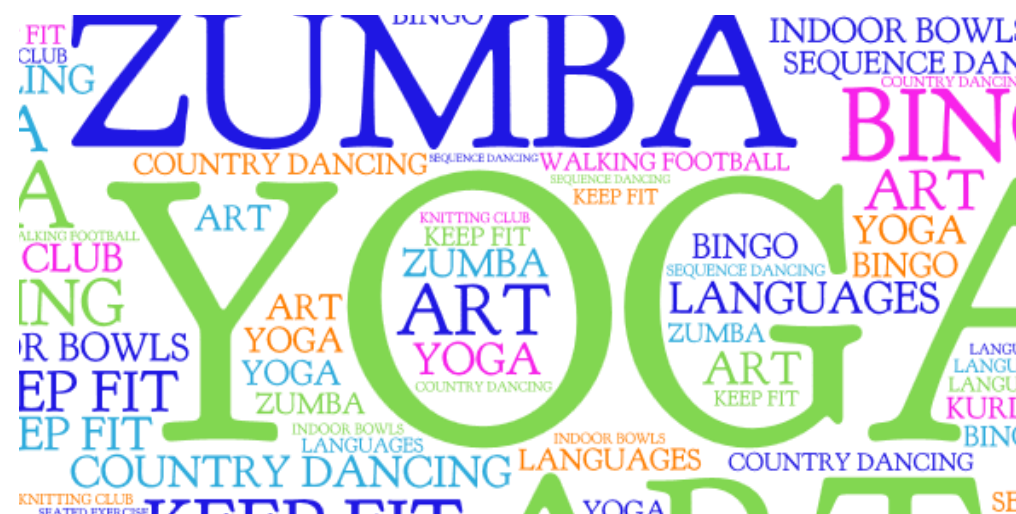
Age UK Lincoln & South Lincolnshire
Park Street Activity Centre
Park Street, Lincoln, LN1 1UQ

Phone: 03455 564 144

Website: www.ageuk.org.uk/lincolnsouthlincolnshire



Activity Centre Timetable Spring 2019



For more information please contact reception at Park Street:
03455 564 144

Day Trips 2019

Book all trips at Park Street reception or call us
on 03455 564 144

Stratford-Upon Avon—Friday 31st May 2019

Members £22.00

Non-members £23.50

Woodhall Spa 1940s Day—Saturday 13th July

Members £10.00

Non-members £11.50

Lunch Club

Monday, Wednesday and Friday

3 course meal at our Park Street Eatery and transport for
£15

Age UK Lincoln & South Lincolnshire also offers Foot Health at Park Street. For further information please contact: [Alistair Cotton](#):

Phone: **07855 915 282**

Age UK Lincoln & South Lincolnshire offers a range of home support services including: cleaning, laundry, gardening, lifelines and sitting service For more information please contact our [Lifestyle Support Services Team](#):

Phone: **03455 564 144**

Age UK Lincoln & South Lincolnshire is an **independent** charity that relies on the goodwill and support of people like you. Your donations and bequests help us to maintain the running of the Activity Centre and support local people in the area.

Registered charity no: 1078539

Spring 2019 Activity Centre Timetable

Monday

9:15am-11:45am	Art Class	£6.50 per quarter
12:00pm-1:00pm	Beginners Line Dancing	£3.80
1:05pm-1:50pm	Seated Exercise	£3.50
1:30pm-3:30pm	Computer Sessions per hour	£5.00
2:00pm-4:00pm	Sequence Dancing	£3.80
2:00pm-4:00pm	Knitting Club	£1
2:00pm-3:00pm	Book Club (every 3rd Monday)	FREE

Tuesday

10:00am-11:00am	German Intermediate	£3.00
10:15am-11:15am	Zumba	£3.80
11:30am-12:30pm	Age UK Choir	£3.00
1:30pm-3:00pm	Indoor Bowls	£1.95
2:00pm-3:00pm	Friendship Club	FREE
3:15pm-4:15pm	Tai-Chi	£3.80

Wednesday

9:30am-10:30am	Keep Fit	£2.50
10:00am	Allotment (see Helena)	FREE
10:40am-11:40am	Keep Fit	£2.50
1:15pm-3:15pm	Handicrafts	£1.00
1:45pm-3:00pm	Bingo	£0.50 entry fee
2:00pm-4:00pm	Scrabble	£1.00