

Spring 2019 Activities List

Day Trips 2019

Stratford-upon-Avon

Friday 31st May 2019
 Members £22.00
 Non Members £23.50
 Book at reception

Woodhall Spa 1940s Day

Saturday 13th July 2019
 Members £10.00
 Non Members £11.50
 Book at reception

Age UK Lincoln & South Lincolnshire also offers Foot Health at Park Street for further information please contact Alistair Cotton on **07855 915 282**

Age UK Lincoln & South Lincolnshire offers home support services, cleaning, laundry, gardening, lifelines and sitting service For more information please contact: our Lifestyle Support Services Team on **01522 696000**

Age UK Lincoln & South Lincolnshire is a local independent Charity that relies on the goodwill and support of people like you.

Your donations and bequests help us keep the Activity Centre open and help us to support the local older people of the area.

Registered Charity No 1078539

Monday

9.15am - 1.45am	Art Class	£6.50 per quarter
12.00pm - 1.00pm	Beginners Line Dancing	£3.50
1.05pm - 1.50pm	Seated Exercise	£3.20
1.30pm - 3.30pm	Computer Sessions per hour (Pre booking required)	£5.00
2.00pm - 4.00pm	Sequence Dancing	£3.20
2.00pm - 4.00pm	Knitting Club	£1.00
2.00pm - 3.00pm	Book Club (Every 3rd Monday)	FREE

Tuesday

10.00am - 11:00am	German intermediate	£2.00
10.15am - 11.15am	Zumba	£3.50
11.30am - 12:30pm	Age UK Choir	£2.50
1.30pm - 3.00pm	Indoor Bowls	£1.95
2.00pm - 3.00pm	Friendship Club	FREE
3.15pm - 4.15pm	Tai-Chi	£3.70

Wednesday

9.30am - 10.30am	Keep Fit Class	£2.00
10am	Allotment (See Helena)	Free
10.40am - 11.40am	Keep Fit Class	£2.00
1.15pm - 3.15pm	Handicrafts	£1.00
1:45pm - 3.00pm	Bingo	50p– Entry Fee
2.00pm - 4.00pm	Scrabble	£1.00

Thursday

10.00am - 11.00am	Yoga	£3.50
11.30am - 12.30am	Country Dancing	£3.50
10.am - 11am	Beginners Spanish	£2.00
11.15am - 12.15	Beginners French	£2.00
12.45pm - 1.45 pm	Intermediate Spanish	£2.00
2.00pm - 4.00pm	New Age Kurling	£2.00

Friday

9.15am - 10.05am	Table Tennis	£1.00
10.30am - 11.30am	Pilates	£3.50
12.00pm - 1.00pm	Walking Football	FREE
1.30pm - 3.00pm	Indoor Bowls	£1.95

We can offer many services at our Park Street 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
t 01522 696000 www.ageuklincoln.org.uk



Stratford-upon-Avon



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For more details please contact **Reception** at Park Street on **01522 696000**