

Friends of Age UK Norwich

Friends of Age UK Norwich

Monday

Phoenix Centre Lunch club

Frequency: Weekly

Time: 12:00 – 14:00

Location: The Phoenix Centre (132a Mile Cross Road, Norwich, NR3 2LD).

For more information: office@thephoenixcentre.org.uk or 01603 403814.

Nifty Fifties

Frequency: Weekly

Time: 14:00 – 16:00

Location: The Norman Centre, Bignold Road, Norwich, NR3 2QZ

For more information: normancentre@norwich.gov.uk or 01603 408140

Knit & Natter

Frequency: Weekly

Time: 11:00 – 13:00

Location: Orchard Rooms, Bullace Road, Costessey, NR5 0QJ

For more information: fantoo2015@yahoo.com

Norwich City Centre Walk

Frequency: 3rd Monday of Each Month

Time: 10:30 – 13:30

Location: Meet at the steps of City Hall, NR2 1NH

For more information: socials@wellbeingnandw.co.uk

Tuesday

Pit Stop – Yoga

Frequency: Weekly

Time: 11:30 – 13:00

Location: Menscraft, Maddermarket Theatre, St John's Alley, NR2 1DR

For more information: colin@menscraft.org.uk

Be Active, Keep Moving

Frequency: Weekly

Time: 17:30 – 18:30

Location: The Norman Centre, Bignold Road, Norwich, NR3 2QZ

For more information: normancentre@norwich.gov.uk or 01603 408140

The Phoenix Lounge

Frequency: Weekly

Time: 12:00 – 14:00

Location: The Phoenix Centre, 132a Mile Cross Road, Norwich NR3 2LD

For more information: office@thephoenixcentre.org.uk and/or 01603 403814.

Corton House – Community Café

Frequency: First Tuesday of the month

Time: 13:00 – 15:00

Location: Jubilee Community Centre, Long John Hill, NR1 2EX

For more information: 01603 978007 or for FREE transport call 01603 776735 and mention Corton House Community Café.

Come Singing

Frequency: 2nd and 4th Tuesday of the Month

Time: 10:45 – 11:45

Location: Millennium Library, Ground Floor, NR2 1AW

For more information: heatheredwards.music@gmail.com

Namco Funscape – Come Bowling

Frequency: Third Tuesday of the Month

Time: 10:00 – 13:00

Location: Namco Funscape, Bowthorpe, NR5 9JB

For more information: activities@ageuknorwich.org.uk or 01603 496333

Dementia Lunches – Farmyard

Frequency: Last Tuesday of the month

Time: 12:00 – 14:30

Location: The Farmyard, 23 St Benedict's Street, NR2 4PF

For more information: 01603 733188

Wednesday

St George's Hotspot

Frequency: Weekly

Time: 10:30 – 13:30

Location: St. Georges Church, Colegate, NR3 1DA

For more information: revannieblyth@gmail.com or call 01603 611870

Friends of Age UK Norwich



St Matthew's 3C's – Cuppa, Cake and Chat

Frequency: Weekly

Time: 10:30 – 12:00

Location: St Matthew's Church, Telegraph Lane West, NR1 4JA

For more information: 01603 763695

Extra Time

Frequency: Weekly

Time: 09:30 – 11:30

Location: Wensum Sports Centre (NR1 1QH) / Carrow Park (NR1 1JB)

For more information: 01603 984000.

Community Café

Frequency: Weekly

Time: 14:00 – 16:00

Location: The Warren Care Home, 157a Wroxham Road, Norwich, NR7 8AF

For more information: 01603 426170

Table Tennis

Frequency: Weekly

Time: 9:00 – 11:00

Location: Menscraft, Maddermarket Theatre, St John's Alley, NR2 1DR

For more information: colin@menscraft.org.uk

The Norwich Out and About Club

Frequency: Every other Wednesday

Time: 10:30 onwards

Location: Chapelfield Methodist Church, NR2 1SD

For more information: 01603 479484 or 01603 259296

Eaton Park Walk

Frequency: 2nd Wednesday of the month

Time: 13:30 – 15:30

Location: Meet at Eaton Park Community Centre, NR4 7AZ

For more information: eatonparkwalk@gmail.com

Eaton Film Club

Frequency: 2nd Wednesday of the month

Time: 14:00 – 16:00

Location: Eaton Park Community Centre, NR4 7AZ

For more information: epccbookings@outlook.com

Thursday

Drawing Buddies

Frequency: Weekly

Time: 10:00 – 12:00

Location: The Phoenix Centre, 132a Mile Cross Road, Norwich NR3 2LD

For more information: office@thephoenixcentre.org.uk and/or 01603 403814.

Duncan's Club

Frequency: Weekly

Time: 10:00 – 11:30 / 12:00 – 13:30

Location: The Nest, Holt Road, NR10 3AQ

For more information: 01603 984000.

Coffee Morning at St. Mary's

Frequency: Weekly

Time: 10:00 – 12:00

Location: St Mary's Church, Earlham Road, NR5 8BL

For more information: 01603 812699

Chit Chat

Frequency: 1st Thursday of the month

Time: 10:30 – 12:30

Location: Old Hospital Chapel, Wessex Street, NR2 2TJ

For more information: ststephensgate@nhs.net

Dementia Café at Costessey Centre

Frequency: 1st Thursday of the month

Time: 10:30 – 12:30

Location: Costessey Centre, Longwater Lane, NR8 5AH

For more information: cleark@costesseytc.org or 01603 742958

Morrison's Wellbeing Café

Frequency: 2nd Thursday of the month

Time: 11:00 – 12:00

Location: Morrison's Café, Riverside, NR1 1WR

For more information: socials@wellbeingnandw.co.uk

Sprowston Dementia Café

Frequency: 3rd Thursday of the month

Time: 10:00 – 12:00

Location: The Diamond Centre, NR7 8TR

For more information: 01603 722756

Friday

Pit Stop – Walk & Talk

Frequency: Weekly

Time: 9:30 – 11:00

Location: Menscraft, Maddermarket Theatre, St John's Alley, NR2 1DR

For more information: colin@menscraft.org.uk

Seated Yoga for MS

Frequency: Weekly

Time: 12:30 – 13:30

Location: Harford Community Centre, Hall Road, NR4 6ET

For more information: 07743 896999

Community Music-Making Group

Frequency: 1st Friday of the month

Time: 11:15 – 12:15

Location: Martineau Hall, 21 Colegate, Norwich, NR3 1BN

For more information: oliver@musicalkeys.co.uk or 01603 766690

Come Singing

Frequency: 3rd Friday of the month

Time: 11:15 – 12:15

Location: Earham Library, Coleman Library, NR4 7HG

For more information: heatheredwards.music@gmail.com