West Sussex. **Brighton & Hove** et's change how we age

CRAWLEY ACTIVITIES TIMETABLE



For more info or to book contact: 01403 260560 or email crawley@ageukwsbh.org.uk



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Cuppa & Company



10.30am - 12pm West Green £1 Welcoming & sociable coffee morning for all

Booking required

**Fit 'n' Fab

Seated and/or

standing exercise

class.

Great fun and very

welcoming!

11.40am - 12.15pm

St Paul's

Methodist Church.

Northgate RH10

Silver Bullet

10.30am - 12.30pm Revive Café. Charis Centre. West Green, RH11 7EB Men's social group. 1st Tuesday of each month. Join us for tea/coffee and a

**Revive Café

chance to meet

new friends

Charis Centre, West Green, RH11 7EB 1.30pm - 3pm A lovely group where you will welcomed with lots of refreshments

Lunch & Company

(term time only) 12pm - 2pm Cornerstone café St Andrew's Church, Furnace Green, RH10 6NU Come along for a light lunch, good company and a chat

**Cake & Company CLOSED AUG. REOPENS 3RD SEPT 1.30pm - 3.30pm

£2 St Mary's Church, Southgate RH10 6DL Great company, quizzes, games &

lots of cake!

Day/respite groups

Sunshine Seniors

An inclusive group for all abilities. Lunch included Booking required Daybreak Respite group for

those living with Dementia. Lunch included Booking required

Cake with Friends

10.30am - 12pm 1st Thursday of the month NEW

Treat yourself to cake and enjoy great company

**Crawley Town Community Foundation Extra Time Hub



£3



RH11 9RX

Broadfield Stadium

11.30am - 1.30pm Various activities

including chair based exercise and

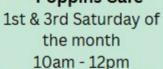
quizzes



Saturday



**Poppins Café



Cornerstone Café. St Andrew's Church.

Furnace Green



