

# CRAWLEY ACTIVITIES TIMETABLE

For more info or to book contact: 01403 260560 or email [crawley@ageukwsbh.org.uk](mailto:crawley@ageukwsbh.org.uk)

## MONDAY

### 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  
8ER

No need to book

## TUESDAY

### 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  
chance to meet  
new friends

### \*\*Revive Café

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

**\*\*AGE UK RECOMMENDS\*\***

## WEDNESDAY

### 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 3<sup>RD</sup> SEPT  
1.30pm - 3.30pm  
£2  
St Mary's Church,  
Southgate  
RH10 6DL  
Great company,  
quizzes, games &  
lots of cake!

## THURSDAY

### 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** £2  
Treat yourself to  
cake and enjoy  
great company

## FRIDAY

### \*\*Crawley Town Community Foundation Extra Time Hub

£3  
Broadfield Stadium  
RH11 9RX  
11.30am - 1.30pm  
Various activities  
including chair  
based exercise and  
quizzes

## Saturday

### \*\*Poppins Café

1st & 3rd Saturday of  
the month  
10am - 12pm  
Cornerstone Café. St  
Andrew's Church.  
Furnace Green