

CRAWLEY ACTIVITIES TIMETABLE

For more info or to book contact: 01403 260560

or email 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.

Film club & Cream Tea

3rd Tuesday of the month

Doors open 12.30pm

St Paul's Methodist Church, Northgate.

RH10 8ER

£6 per person

Booking essential!!!

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

1.30pm - 3.30pm

£2

St Mary's Church, Southgate

RH10 6DL

Great company, quizzes, games & lots of cake!

****AGE UK RECOMMENDS****

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

Meet 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