

MONDAY

Age UK Cuppa & Company

10.30am - 12pm
West Green
£1

Welcoming & sociable coffee morning for all
Booking required

**Paracise/ Stretch, Mobility & Balance

1.30pm - 2.15pm
or 2.15pm - 2.45pm
St Paul's
Methodist Church,
Northgate. RH10
8ER

Contact Liz: 07973
865899

TUESDAY

Age UK Silver Bullet

10.30am - 12.30pm
Revive Café. Charis
Centre. West
Green. RH11 7EB
Men's social group.
1st Tuesday of each
month.

Age UK 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

Age UK 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!

THURSDAY

Age UK 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

Age UK Cake with Friends

10.30am - 12pm
1st Thursday of the
month
£2
Treat yourself to
cake & enjoy great
company

FRIDAY

**Ifield Park Community café

Tuesday - Friday

9.30am - 2.15pm
Pop along with
friends or family for
hot drinks, a light
lunch and sweet
treats
Ifield Park care
Home, Rusper Road,
Ifield RH11 0JE

Saturday

**Poppins Café

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

****External groups that AGE UK recommends****