

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

****K2 Crawley 50+
exercise**
Badminton/Keep
Fit/Walking
Football
Contact: 01293
585300 for more
information
Pease Pottage Hill,
Crawley RH11 9BQ

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
£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

NEW!!