# West Sussex, Brighton & Hove CRAWLEY ACTIVITIES TIMETABLE For more info or to book contact: 01403 260560



### or email crawley@ageukwsbh.org.uk

### MONDAY

Let's change how we age

ageuk

### **TUESDAY**

### WEDNESDAY

### **THURSDAY**

### **FRIDAY**

### **Cuppa & Company**

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

### Silver Bullet

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

### **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

## 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

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

£3

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



### NEW!!

### Film club & Cream Tea

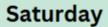
3<sup>rd</sup> Tuesday of the month Doors open 12.30pm St Paul's Methodist Church, Northgate. RH10 8ER £6 per person

### \*\*Cake & Company

1.30pm - 3.30pm St Mary's Church, Southgate RH10 6DL Great company, quizzes, games & lots of cake!

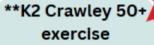
### Cake with Friends

10.30am - 12pm 1st Thursday of the month NEW Treat yourself to cake and enjoy great company



### \*\*Poppins Café

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



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

