



## Golden Years Summer 2015

### Barnwell Baptist Church

For more details/info contact: -

**Stuart Wood: 01223 292454**

or

**07770 792 371**

### April

Monday 6<sup>th</sup> Bank Holiday – No Group

Monday 13<sup>th</sup> 2.00pm **Games Afternoon**

Monday 20<sup>th</sup> 2.00pm **Tea Break** - coffee, tea & biscuits with a chat!

Monday 27<sup>th</sup> 2.00pm **Games & Ping Pong!**

### May

Monday 4<sup>th</sup> Bank Holiday – No Group

Monday 11<sup>th</sup> 9.30am **Outing – Spalding** (back around 4.30pm)  
Cost: £15

Monday 18<sup>th</sup> 2.00pm **Tea Break** - coffee, tea & biscuits with a chat!

Monday 25<sup>th</sup> Bank Holiday – No Group

### June

Monday 1<sup>st</sup> 2.00pm **Musical Bingo**

Monday 8<sup>th</sup> 2.00pm **Games Afternoon**

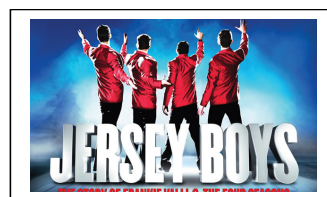
Monday 15<sup>th</sup> 2.00pm **Tea Break** - coffee, tea & biscuits with a chat!

Tuesday 23<sup>rd</sup> 9.15am **Outing – London** (back around 6.30pm)  
Cost: £34 (subject to grant award)

Monday 29<sup>th</sup> 2.00pm **Games & Ping Pong!**

### July

Monday 6<sup>th</sup> 2.00pm **Trip on Riverboat Georgina**  
Cost: £10 (subject to grant award)

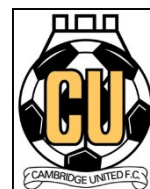


Over the summer, the Church **will be open every Monday afternoon from 2-3pm**, so drop by, play some games, have a cup of tea and have a natter!!

Our Regular programme will start again on **Monday 7<sup>th</sup> September**



## And Don't Forget...



### Forever Active!

#### Chair-based exercises

Every Tuesday 10-11am  
£4.00 per session (£3.00 for members)

### Seniors Lunch

**First Thursday of the month Served at 12noon**  
**2-course dinner, plus entertainment - All for £5!!**

To book, contact 07769 217871

### CUFC Seniors (Over 60's) Active Fitness

Thursdays 10-11am (followed by coffee)  
Price - £3 p/p Contact: Aidan 07590 513136