

Age Concern Community Activities Timetable

	Week 1	Week 2	Week 3	Week 4
Monday	Afternoon Bingo Baptist Church Cafe, Boutport Street, Barnstaple, 2pm-4pm, £2.50 , Social Club & Bingo	Afternoon Bingo Baptist Church Cafe, Boutport Street, Barnstaple, 2pm-4pm, £2.50 Social Club & Bingo	Afternoon Bingo Baptist Church Cafe, Boutport Street, Barnstaple, 2pm-4pm, £2.50 Social Club & Bingo	Afternoon Bingo Baptist Church Cafe, Boutport Street, Barnstaple, 2pm-4pm, £2.50 Social Club & Bingo
Tuesday	Pop-in Morning Baptist Church Cafe, Boutport St, Barnstaple, 10am-12pm, £2 Refreshments, Chat & Support - TRANSPORT AVAILABLE	Pop-in Morning Baptist Church Cafe, Boutport St, Barnstaple, 10am-12pm, £2 Refreshments, Chat & Support - TRANSPORT AVAILABLE	Pop-in Morning Baptist Church Cafe, Boutport St, Barnstaple, 10am-12pm, £2 Refreshments, Chat & Support - TRANSPORT AVAILABLE	Pop-in Morning Baptist Church Cafe, Boutport St, Barnstaple, 10am-12pm, £2 Refreshments, Chat & Support - TRANSPORT AVAILABLE
Wednesday	Barnstaple Elder Day – Free Shopmobility Supported Shopping & Social Day Library Cafe 10am-12pm Green Lanes Help Desk 10am-2pm	Music Melody Baptist Church Cafe, Boutport St, Barnstaple 2pm-3.30pm, £3.50 Old Favourites Sing-Along with Refreshments	Lynton Lunch Club, 12.30pm-2pm, £10 Good Food & Company BOOKING ESSENTIAL	Barnstaple Library Club, Room 2A, 2pm–3.30pm, £2.50 Interesting Speaker, Good Company, Raffle, Refreshments
Thursday		Ilfracombe Lunch Club, The Carlton Hotel, 12.30pm-2pm, £12-£15 Good Food & Company BOOKING ESSENTIAL	South Molton Lunch Club, The Coaching Inn, 12.30pm-2pm £10 Good Food & Company BOOKING ESSENTIAL	
Friday	Pop-in Morning Baptist Church Cafe, Boutport St, Barnstaple, 10am-12pm, £2 Refreshments, Chat & Support - TRANSPORT AVAILABLE	Pop-in Morning Baptist Church Cafe, Boutport St, Barnstaple, 10am-12pm, £2 Refreshments, Chat & Support - TRANSPORT AVAILABLE	Pop-in Morning Baptist Church Cafe, Boutport St, Barnstaple, 10am-12pm, £2 Refreshments, Chat & Support - TRANSPORT AVAILABLE	Pop-in Morning Baptist Church Cafe, Boutport St, Barnstaple, 10am-12pm, £2 Refreshments, Chat & Support - TRANSPORT AVAILABLE
	Seated/standing Exercise, Chair Tai Chi Baptist Church Cafe, Boutport St, Barnstaple, 2pm-3.30pm, £4 Balance, Flexibility, Strength With Refreshments	Seated/standing Exercise Chair Yoga Baptist Church Cafe, Boutport St, Barnstaple, 2pm-3.30pm, £4 Balance, Flexibility, Strength With Refreshments	Seated/Standing Exercise Chair Yoga Baptist Church Cafe, Boutport St, Barnstaple, 2pm-3.30pm, £4 Balance, Flexibility & Strength With Refreshments	Seated/Standing Exercise Chair Tai Chi Baptist Church Cafe, Boutport St, Barnstaple, 2pm-3.30pm, £4 Balance, Flexibility, Strength With Refreshments

Community Activities Timetable Booking & Support

Most activities do not require booking, just turn up.
For Lunch Clubs please book.

AGEconcern

Barnstaple & North Devon | Supporting Independent Living



To book a Lunch Club or Elder Day support contact:

Meryl Tanton - Community Activities Service Manager

Email: meryl@ageconcernnorthdevon.org.uk | Telephone: **01271 445133**



To book Community Transport, Shopping or Shopmobility contact:

Leon Trewin - Community Transport, Shopping & Shopmobility Service Manager

Email: leon@ageconcernnorthdevon.org.uk | Telephone: **01271 445130**



Or you can book at the Age Concern office: Suite 301 Queens House, Queen Street Barnstaple, EX32 8HJ

Please speak to the Service Manager if:

- you are a **carer** and the person you care for would like to attend an Activity while you take a break
- you require **transport** or an **escort** to enable you to attend an Activity
- you require **financial help** to attend an Activity