

## Age Concern Community Activities Timetable

	Week 1	Week 2	Week 3	Week 4
<b>Monday</b>	<b>Afternoon Bingo</b> Baptist Church Cafe, Boutport Street, Barnstaple, <b>2pm-4pm, £3</b> , Social Club & Bingo	<b>Afternoon Bingo</b> Baptist Church Cafe, Boutport Street, Barnstaple, <b>2pm-4pm, £3</b> Social Club & Bingo	<b>Afternoon Bingo</b> Baptist Church Cafe, Boutport Street, Barnstaple, <b>2pm-4pm, £3</b> Social Club & Bingo	<b>Afternoon Bingo</b> Baptist Church Cafe, Boutport Street, Barnstaple, <b>2pm-4pm, £3</b> Social Club & Bingo
<b>Tuesday</b>	<b>Pop-in Morning</b> Baptist Church Cafe, Boutport St, Barnstaple, <b>10am-12pm, £3</b> Refreshments, Chat & Support - <b>TRANSPORT AVAILABLE</b>	<b>Pop-in Morning</b> Baptist Church Cafe, Boutport St, Barnstaple, <b>10am-12pm, £3</b> Refreshments, Chat & Support - <b>TRANSPORT AVAILABLE</b>	<b>Pop-in Morning</b> Baptist Church Cafe, Boutport St, Barnstaple, <b>10am-12pm, £3</b> Refreshments, Chat & Support - <b>TRANSPORT AVAILABLE</b>	<b>Pop-in Morning</b> Baptist Church Cafe, Boutport St, Barnstaple, <b>10am-12pm, £3</b> Refreshments, Chat & Support - <b>TRANSPORT AVAILABLE</b>
<b>Wednesday</b>	<div style="display: flex;"> <div style="background-color: yellow; padding: 5px; width: 50%;"> <b>Barnstaple Elder Day – Free Shopmobility Supported Shopping &amp; Social Day</b>                      Library Cafe 10am-12pm                      Green Lanes Help Desk 10am-2pm                 </div> <div style="background-color: orange; padding: 5px; width: 50%;"> <b>Music Melody</b>                      Baptist Church Cafe, Boutport St, Barnstaple  <b>2pm-3.30pm, £3.50</b>                      Old Favourites Sing-Along with Refreshments                 </div> </div>	<b>Lynton Lunch Club,</b> <b>12.30pm-2pm, £10</b> Good Food & Company <b>BOOKING ESSENTIAL</b>	<b>Barnstaple Library Club,</b> <b>Room 2A, 2pm–3.30pm, £3</b> Interesting Speaker, Good Company, Raffle, Refreshments	<b>Barnstaple Fish &amp; Chip Lunch Club,</b> <b>The Catch,</b> Boutport St, Barnstaple, <b>12.45pm -2.15pm, £9-£14</b> Good Food & Company <b>BOOKING ESSENTIAL</b>
<b>Thursday</b>		<b>Ilfracombe Lunch Club,</b> The Carlton Hotel, <b>12.30pm-2pm,</b> <b>£13-£17</b> Good Food & Company <b>BOOKING ESSENTIAL</b>	<b>South Molton Lunch Club,</b> The Coaching Inn, <b>12.30pm-2pm</b> <b>£10</b> Good Food & Company <b>BOOKING ESSENTIAL</b>	
<b>Friday</b>	<b>Pop-in Morning</b> Baptist Church Cafe, Boutport St, Barnstaple, <b>10am-12pm, £3</b> Refreshments, Chat & Support - <b>TRANSPORT AVAILABLE</b>	<b>Pop-in Morning</b> Baptist Church Cafe, Boutport St, Barnstaple, <b>10am-12pm, £3</b> Refreshments, Chat & Support - <b>TRANSPORT AVAILABLE</b>	<b>Pop-in Morning</b> Baptist Church Cafe, Boutport St, Barnstaple, <b>10am-12pm, £3</b> Refreshments, Chat & Support - <b>TRANSPORT AVAILABLE</b>	<b>Pop-in Morning</b> Baptist Church Cafe, Boutport St, Barnstaple, <b>10am-12pm, £3</b> Refreshments, Chat & Support - <b>TRANSPORT AVAILABLE</b>
	<b>Seated/standing Exercise, Chair Tai Chi</b> Baptist Church Cafe, Boutport St, Barnstaple, <b>2pm-3.30pm, £4</b> Balance, Flexibility, Strength With Refreshments	<b>Seated/standing Exercise Chair Yoga</b> Baptist Church Cafe, Boutport St, Barnstaple, <b>2pm-3.30pm, £4</b> Balance, Flexibility, Strength With Refreshments	<b>Seated/standing Exercise Chair Yoga</b> Baptist Church Cafe, Boutport St, Barnstaple, <b>2pm-3.30pm, £4</b> Balance, Flexibility & Strength With Refreshments	<b>Seated/standing Exercise Chair Tai Chi</b> Baptist Church Cafe, Boutport St, Barnstaple, <b>2pm-3.30pm, £4</b> Balance, Flexibility, Strength With Refreshments

## Community Activities Timetable Booking & Support

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



### To book a Lunch Club or Elder Day support contact:

Meryl Tanton - Community Activities Service Manager

Email: [meryl@ageconcernnorthdevon.org.uk](mailto: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](mailto: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