



## Golden Years Spring 2019

### Barnwell Baptist Church

For more details/info contact: -

**Stuart Wood: 01223 292454**

or

**07770 792 371**

### January

Monday 7<sup>th</sup> 2.00pm

Monday 14<sup>th</sup> 2.00pm

Monday 21<sup>st</sup> 2.00pm

Monday 28<sup>th</sup> 2.00pm

### **New Year's Party**

**Games Afternoon** with Anne

**Tea Break** - coffee, tea & biscuits with a chat!

**Games Afternoon**



### February

Monday 4<sup>th</sup> 2.00pm

Monday 11<sup>th</sup> 2.00pm

Monday 18<sup>th</sup> 2.00pm

Monday 25<sup>th</sup> 2.00pm

### **Beetle Drive**

**Games Afternoon** with Anne

**Tea Break** - coffee, tea & biscuits with a chat!

**Games Afternoon**



### March

Monday 4<sup>th</sup> 2.00pm

Monday 11<sup>th</sup> 2.00pm

Monday 18<sup>th</sup> 2.00pm

Monday 25<sup>th</sup> 2.00pm

Thursday 28<sup>th</sup> 9.30am

### **Age UK**

**Games Afternoon** with Anne

**Tea Break** - coffee, tea & biscuits with a chat!

**Games Afternoon**

**Shopping Trip to Norwich – £15. Deposit £5**  
(If we get 40 on the trip, the price will come down to £10!!)



### April

Monday 1<sup>st</sup> 2.00pm

Monday 8<sup>th</sup> 2.00pm

Monday 15<sup>th</sup> 12.30pm  
2.00pm

Monday 22<sup>nd</sup>

Monday 29<sup>th</sup> 2.00pm

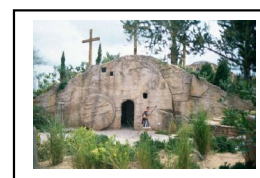
**Abbey Voices – Community Singing**

**Games Afternoon** with Anne

Fish & Chip Lunch, followed by a short **Easter Service**  
Easter Games, Arts & Crafts

Bank Holiday – No Meeting

**Games Afternoon**



### Future Dates

Monday 13<sup>th</sup> May - Spring Outing (Bressingham) / Monday 1<sup>st</sup> July Summer Outing (Wroxham)

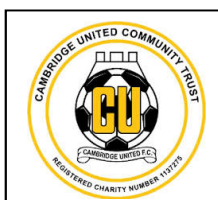
### **And Don't Forget...**

#### **Forever Active!**

#### **Chair-based exercises**

Every Tuesday 10-11am

£4.00 per session (£3.50 for members)



#### **Seniors Lunch**

**First Thursday of the month**

**Served at 12noon**

**2-course dinner, plus  
entertainment - All for £5!!**

To book, contact David on

**07851 065426**