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| **Club** | **Activities** | **Group Leader/*Venue*** |
| Monday Bingo | During the 2 hour session we have multiple games of cash bingo, a raffle, and a few games of Hoy – a very similar game to bingo involving playing cards and counters - plus refreshments.Club starts at 1pm until 3pm | Toni Herron*Humberston Country Club, Humberston DN31 3BU* |
| Monday Culture Club | Drop in event with tea and cakes, there is a speaker each week and there is information and leaflets available. Session starts at 10am until 12pm. | Linda Thomas*Civic Centre,**Immingham DN40 1QF* |
| Monday Kurling | Kurling is a competitive team sport for all abilities that is very easy to pick up and not too strenuous.Club starts at 10am until 11am | Ann Ward*St. Andrew’s Methodist Church,**Cleethorpes DN35 8HT* |
| Monday Dance | Our ‘Strictly Fun Dancing’ is an easy, gentle form of exercise for those over the age of 60.Club starts at 11am until 12pm | Hollie*Stallingborough Village Hall, Station Road DN41 8AP* |
| Tuesday Exercise | Shibashi is a gentle method of simple Tai Chi exercises that is easy to learn. It can relieve stress, and improve co-ordination and balance.Club starts at 10am until 11am | Mick Inkson & Kenny Loraine*Beaconthorpe Methodist church, Cleethorpes* *DN35 7LE*  |
| Tuesday Social Club | Our social groups give people the opportunity to make new friends and meet likeminded people. We have a different speaker on every week, a quiz, a game of bingo.Club starts at 1pm until 3pm | Jackie Hornby*Annie Chapple Centre,**Cleethorpes DN35 0SJ* |
| Tuesday Choir | A 2 hour session of fun filled singing – including refreshmentsClub starts 10am until 12pm | Toni Herron*Annie Chapple Centre,**Cleethorpes DN35 0SJ* |
| Wednesday Sporting Memories | Sports related social group for those interested in sports history. Speakers, quizzes and chat. Club starts at 10am until 12pm | Kristine Green *Grimsby Town football club DN35 7PY* |
| Wednesday Social Club | This Social Club is specifically tailored towards those with memory concerns or who are feeling a bit low. We offer a variety of games and activities, ranging from arts, crafts and quizzes, to reminiscence and discussion sessions.Sessions start 10am until 12pm | Toni Herron*Annie Chapple Centre,**Cleethorpes DN35 0SJ* |
| Thursday Social Club**FULL** | Our social groups give people the opportunity to make new friends and meet likeminded people. We have a different speaker on every week, a quiz, a game of bingo.Club starts 10am until 12pm | Toni Herron*Beaconthorpe Methodist church, Cleethorpes* *DN35 7LE*  |
| Friday Choir**FULL** | A 2 hour session of fun filled singing – including refreshmentsClub starts 10am until 12pm | Toni Herron*Annie Chapple Centre,**Cleethorpes DN35 0SJ* |
| Friday Exercise | Chair based exercise is run so you can do low intensity exercise with the motivation of a group but from the comfort of a chair.Club starts 10am until 11am | Catherine Nelthorpe*Scouts Hut, Grimsby**DN32 8DH* |