

Club	Description	Leader and Venue
Drop-In Session	Pop along to our warm space and enjoy good company, dominoes, quizzes and games. Admission £1, includes tea/coffee & refreshments.	Toni Herron The Annie Chapple Centre, Aspen Court, Cleethorpes, DN35 0SJ <i>Mondays 11AM-1PM</i>
Bingo	A warm and welcoming, friendly social club for bingo lovers. With cash prizes for Bingo and Hoy, we also have a weekly raffle and fun quizzes! Admission £2.50, includes refreshments. Tickets sold separately.	Toni Herron Carr Lane Social Club, 78 Carr Lane, Grimsby, DN32 8JP <i>Mondays 1PM-3PM</i>
Culture Club	Weekly drop-in session to meet friendly faces, have a chat and find helpful information from informative speakers and organisations. Admission £2.50, includes hot drinks and cakes.	Dawn Gibson Civic Centre, Pelham Rd, Immingham, DN40 1QF <i>Mondays 10AM – 12PM</i>
Indoor Kurling	Indoor Kurling is a fun team sport for all abilities that is very easy to pick up and not too strenuous. Admission is £2.50.	Ann Ward St. Andrew's Methodist Church, 1 Mill Rd, Cleethorpes, DN35 8HT <i>Mondays 10AM – 11AM</i>
Shibashi	Shibashi is a gentle form of simple Tai Chi exercises that is easy to learn. It can relieve stress and improve co-ordination and balance. Admission is £2.50 which includes refreshments.	Pat Jackson Park Congregational Church Hall, Humberstone Rd, Grimsby, DN32 8AZ <i>Tuesdays 10AM – 11AM</i>
Memory Lane Choir	Fun sing-along with a variety of songs from different eras. Perfect group to lift the spirits and reminisce, suitable for those who have dementia and equally loved by those that don't! Admission is £2.50 which includes refreshments.	Toni Herron The Annie Chapple Centre, Aspen Court, Cleethorpes, DN35 0SJ <i>Tuesdays 10AM – 12PM</i>
Tuesday Social Club	Our weekly social groups give people the opportunity to make new friends and meet like-minded people. With a variety of speakers & entertainment, games of bingo, hoy and fun quizzes, there is something for everyone to enjoy. Admission £2.50, includes refreshments.	Dawn Charlton Carr Lane Social Club, 78 Carr Ln, Grimsby, DN32 8JP <i>Tuesdays 1PM – 3PM</i>

Club	Description	Leader and Venue
Sporting Memories	Sports related social group for those interested in sports history with guest speakers, quizzes, and chat. Admission £2.50, includes refreshments.	<p style="text-align: center;">Kristine Green Youngs Bar, Blundell Park Football Stadium, Cleethorpes, DN35 7PZ <i>Wednesdays 10am – 12 noon</i></p>
Wednesday Social Club	This friendly and welcoming small group is specifically tailored towards those with memory concerns or who have low mood. We offer a variety of games and activities, arts & crafts, gentle exercise, sing a longs and reminiscence & discussion sessions. Admission £2.50, includes refreshments.	<p style="text-align: center;">Clare Mills The Annie Chapple Centre, Aspen Court, Cleethorpes, DN35 0SJ <i>Wednesdays 10AM – 12PM</i></p>
Thursday Social Club	Our weekly social groups give people the opportunity to make new friends and meet like-minded people. With a variety of speakers & entertainment, games of bingo, hoy and fun quizzes, there is something for everyone to enjoy. Admission is £2.50 which includes refreshments. Also introducing our new pre-club chair-based exercise session at no extra cost.	<p style="text-align: center;">Toni Herron Carr Lane Social Club 78 Carr Ln, Grimsby, DN32 8JP <i>Thursdays 10AM – 10.30AM (Pre-Club Exercise) 10.30AM - 12.30PM (Club Session)</i></p>
C.S.T Group (Cognitive Stimulation Therapy)	Specialised group that includes concepts of cognitive stimulation therapy, designed to improve memory and cognitive functioning delivered in a fun, friendly session. Admission is £2.50 which includes refreshments. Please call office to book a place	<p style="text-align: center;">Mandy Sparkes Park Congregational Church Hall Humberstone Rd, Grimsby, DN32 8AZ <i>Thursdays 10AM – 12PM</i></p>
Chair Based Exercise (Hybrid)	Join our Fitness Coach Jono for a chair-based exercise class based on full body strength and mobility exercises to help improve your everyday living. Weights and resistance bands provided. Available in person or via Zoom. Admission is £2.50.	<p style="text-align: center;">Jonathon Lugton The Annie Chapple Centre, Aspen Court, Cleethorpes, DN35 0SJ <i>Fridays 10AM – 11.30AM</i></p>

Over 60s only.

For more information on any of our clubs or to book a place (*where necessary) please call our office on **01472 602500**.