



Social & Exercise Clubs 2025

For enquiries, please call 01472 602500

Name of Club	Description	Where and When
Community Cuppa	A place to meet new friends, enjoy a chat and a cuppa, or play dominoes, quizzes, and games. Admission £1, includes refreshments.	The Annie Chapple Centre, Aspen Court, Cleethorpes, DN35 0SJ Mondays 11am-1pm (excluding bank holidays) Club Leader – Toni Herron
Bingo Afternoon	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 £3.00 includes refreshments. Bingo tickets sold separately.	Carr Lane Social Club, 78 Carr Lane, Grimsby, DN32 8JP Mondays 1pm-3pm (excluding bank holidays) Club Leader – Toni Herron
Culture Club	Weekly drop-in session to meet friendly faces, have a chat and find helpful information from informative speakers and organizations. Admission £3.00, includes hot drinks and cakes.	Civic Centre, Pelham Rd, Immingham, DN40 1QF Mondays 10am – 12pm (excluding bank holidays) Club leader – Dawn Gibson
Indoor Kurling	Indoor Kurling is an easy team sport for all abilities and a great way to have fun whilst staying active and healthy. Admission is £3.00 includes refreshments.	St. Andrew’s Methodist Church, 1 Mill Rd, Cleethorpes, DN35 8HT Mondays 10am – 11am (excluding bank holidays) Club Leader – Maxine Gibson
Shibashi	Shibashi is a gentle form of simple Tai Chi exercises that are easy to learn. It can relieve stress and improve co-ordination and balance. Admission is £3.00 includes refreshments.	Park Congregational Church Hall, Humberstone Rd, Grimsby, DN32 8AZ Tuesdays 10am – 11am Club Leader – Pat Jackson
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 £3.00, includes refreshments.	Carr Lane Social Club, 78 Carr Ln, Grimsby, DN32 8JP Tuesdays 1pm – 3pm Club Leader – Dawn Charlton
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 £3.00 includes refreshments.	The Annie Chapple Centre, Aspen Court, Cleethorpes, DN35 0SJ Tuesdays 10am – 12pm OR Wednesdays 1pm – 3pm (FULL, waiting list available) Club leader – Toni Herron



Social & Exercise Clubs 2025

For enquiries, please call 01472 602500

Name of Club	Description	Where and When
Sporting Memories	Sports related social group for those interested in sports history with guest speakers, quizzes, and chat. Admission £3.00, includes refreshments.	Youngs Bar, Blundell Park Football Stadium, Cleethorpes, DN35 7PZ Wednesdays 10am – 12 noon FULL (Waiting list available) Club Leader – Kristine Green
Wednesday Social Club	This friendly and welcoming small group specializes in reminiscence & discussion sessions, specifically tailored towards those with memory concerns or who have low mood. Admission £3.00, includes refreshments	The Annie Chapple Centre, Aspen Court, Cleethorpes, DN35 0SJ Wednesdays 10am – 12pm Club Leader – Clare Mills
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 £3.00 includes refreshments. Pre-club chair-based exercise session only £1 persession.	Carr Lane Social Club 78 Carr Ln, Grimsby, DN32 8JP Thursdays 10am – 10.30am Pre-Club Exercise 10.30am - 12.30pm Club Session Club Leader – Toni Herron
C.S.T Club	Specialized group that includes concepts of Cognitive Simulation Therapy, designed to improve memory and cognitive functioning delivered in a fun, friendly session. Admission is £3.00 includes refreshments. <i>Please call office to book a place</i>	Park Congregational Church Hall Humberstone Rd, Grimsby, DN32 8AZ Thursdays 10am – 12pm FULL (Waiting list available) Club Leader – Amanda Sparkes
Penny's Knittwits	Whether you enjoy knitting, crocheting, sewing, embroidery or many other crafts, this is the perfect place to meet new people, have a chat and a cuppa and share your top tips. Bring your own projects or help with group projects. Admission is £3.00 includes refreshments	The Annie Chapple Centre, Aspen Court, Cleethorpes, DN35 0SJ Thursdays 1pm – 3pm Club Leader – Penny Hogan
Chair Based Exercise	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 £3.00 includes refreshments.	The Annie Chapple Centre, Aspen Court, Cleethorpes, DN35 0SJ Fridays 9.45am – 10.30am (excluding Bank Holidays) Club Leader – Jonothon Lugton