

## OVER 60s ACTIVITIES, SUPPORT GROUPS AND SOCIETIES 2019

DAY	TIME	SESSION TIME	COST	FREQUENCY	GROUP NAME	LOCATION	CONTACT DETAILS
Mon-Sun	Anytime	n/a	Volunteers- Nominal Charge £0.45p per mile	Daily	<b>MOULTON AND OVERSTONE CAR SCHEME (Medical Appointments only)</b>	Moulton	Julia Malings - 07582 351145 malings189@btinternet.com
Mon-Sun	Open all day Monday - Sunday. (Manned Weds: 9am - 2pm, Thurs and Fri: 1pm - 6pm)	n/a	FOC	Daily	<b>MOULTON LIBRARY</b>	Moulton Community Centre	0300 126 1000 (options 5 and 1)
Mon-Sun	Various times	n/a	£20 a year membership	n/a	<b>THE UNIVERSITY OF THE THIRD AGE</b> (Over 100 different interest groups and coach trips)	Northamptonshire	Chairman: 01327 843 104 Vice Chairman: 01604 639 219 U3Anorthantsnetwork@hotmail.com
Mon-Sun	After MIDDAY	n/a	TBC (see open days in Tuesday Listings)	From Last week in April to the Last week in September	<b>Whyte Melville Lawn Bowls Club</b>	Fernie Fields Sports and Social Club	www.whytemelvillebowls.club Janet 01604 462 755
Mon-Fri	9.00am - 12.00pm	3hrs	FOC	n/a	<b>AGE UK</b>	Northampton	Advice Service (9am - 12pm) 01604 611200 / 08456 772 220 northamptonshire@ageuknorthants.org.uk
Mon-Fri	n/a	n/a	n/a	daily	<b>BLUEBIRD CARE</b>	Northampton/ Daventry	Advisor 01604 212476 northampton@bluebirdcare.co.uk
Mon-Fri	9.00am - 5.00pm	8hrs	n/a	daily	<b>CARE AND REPAIR - HOME IMPROVEMENT AGENCY - DAVENTRY DISTRICT COUNCIL</b>	Daventry District Council	Advisor - 01327 871100 www.daventrydc.gov.uk/careandrepair
Mon-Fri	9.00am - 5.00pm	8hrs	n/a	daily	<b>CARE AND REPAIR, NORTHAMPTONSHIRE (Handy Person, Home Security and Energy Saving Solutions)</b>	Moulton Park	01604 782 250 careandrepairnorthamptonshire.org.uk
Mon-Fri	9.30am - 3.00pm	5.5hrs	FOC	Daily	<b>CITIZENS ADVICE BUREAU</b>	Central & East Northampton	Advisors - 0344 488 9629 www.citacen.org.uk

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Mon-Sat	08.00am - 8.00pm	12hrs	Prices advised at the time of enquiry	Daily Mon-Thurs 8-8pm / Fri 8-6pm / Sat 8-1pm	THE BACK AND BODY CLINIC	Park View, Moulton	01604 493066 info@backandbodyclinic.co.uk
Mon-Sat	8.00am - 6.30pm	10.5hrs	FOC	Daily (Sat 8-11.15am)	MOULTON SURGERY	Northampton Lane North, Moulton	Reception - 01604 644126
Mon-Sat	Various times	n/a	Prices advised at the time of enquiry	See listings at moultontheatre.com/cinema/	MOULTON THEATRE -CINEMA	Cross Street, Moulton	John Fletcher - Cinema Manager - 01604 644470 or email johnfletcher56@hotmail.co.uk
Mon-Sat	Various times	n/a	Full Membership £20 (senior citizens £15) per year	Daily	MOULTON THEATRE - MOULTON PLAYERS	Cross Street, Moulton	Email membership@moultontheatre.com or phone 01604 768723
Saturday	10.00am-12.00pm	2hrs	Coffee 70p	Weekly	MOULTON THEATRE Coffee Shop	Cross Street, Moulton	John Fletcher 01604 644470 or email johnfletcher56@hotmail.com
Mon-Sat	9.00am - 5.00pm	8hrs	Prices advised at the time of enquiry	Daily	PENNY HUNT (PODIATRIST)	Mobile Service	Penny Hunt - 01604 405515 / 07904 061269 info@pennyhunt-podiatrist.co.uk
Mon-Sun	8.00am - 9.00pm Mon-Fri 8.00am - 8.00pm Sat-Sun	n/a	Prices to be advised at the time of enquiry	Daily	ASHURST MEWS CARE HOME	Northampton Lane North, Moulton	Manager - 01604 493233
Mon-Sun	12.00pm - 12.00am	Various times	FOC	Daily	THE TELEGRAPH INN PUBLIC HOUSE	30 West Street, Moulton	01604 648228 www.thetelegraphinn.com
Mon-Sun	24hr Access	n/a	£14.00 per Plot per year	Daily	MOULTON ALLOTMENTS CIC	Moulton Boughton Road North, Moulton	Jan Henson 07392513008 jan.p.henson@gmail.com
Monday	9.30am-11.30am	2hrs (drop-in)	n/a	Weekly	Community Connector Health & Wellbeing Desk	Moulton Library	Mary-Jane Brown - Community Connector 07484 907438 moultoncommunityconnector@gmail.com

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Monday	10.00am-3.00pm	5hrs	£31.50 - £50.50 (depending on level of need/transport required)	Weekly	AGE UK WELLBEING CENTRE	Chappell House, Moulton	To book call Age UK on 01604 611 207 (8.30am-12.30pm Mon-Fri) (Fee includes transport to and from Chappell House, entertainment, refreshments and a two course meal)
Monday	10.00am - 11.00am	1 hr	£5.00	Weekly	ZUMBA GOLD	Maidwell Village Hall	Charlie Mace : 07850 643868
Monday	10.00am - 12.00pm	2hrs	FOC	Weekly (Excl Bank Holidays)	MOULTON MONDAY CLUB	Carey Lounge Carey's Baptist Church, Moulton	Ella Swannell - 01604 647950 ella@swannellbuilders.co.uk
Monday	12pm - 1pm	1 hr	First session free and then £3 per session	Weekly	OTAGO (gentle exercise for older adults)	Moulton Community Centre	Marcus: 077314 83001 or Raphael: 07909 631037
Monday	4.45pm-5.45pm	1hr	£6.50 or £20 for four classes	Weekly (termtime)	PILATES (for those recovering from illness, injury or chronic pain)	Moulton Community Centre	(Pre-booking guarantees a place) Call Gail on 077177 96028 gail@brownz.plus.com
Monday	7pm - 8pm	1 hr	£4/£3	Weekly	Walking Football for 50+ (No experience necessary)	Moulton Football Club, Playing Fields, Brunting Road, Moulton, NN3 7QF	Phil Andrews - 07842 537854 masters@moultonfc.com
Monday	7.30pm	n/a	FOC	Weekly	MOULTON BELL RINGERS	Tower at St. Peter and St. Paul's Church, Moulton Village	Barry & Mollie Care - 01604 646818 barrycare024@btinternet.com
Tuesday	10.00am - 12.00pm	2hrs	£donation	Monthly (every 1st Tuesday)	COFFEE MORNING (with speaker)	Fernie Fields Sports Club	Helen James: hjames5td@gmail.com

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Tuesday	11.00am - 12.00pm	1 hr	£5.00	Weekly	<b>SILVER SWANS (Ballet Group for the Over 55s)</b>	Guide Hall, Barlow Lane, Moulton	email:dance@gaynabrown.co.uk
Tuesday	2.00pm - 4.00pm (or evenings by arrangement)	2hrs	£5.00 first time fee (to attend all five Open Days and a discount if join)	Spring (contact Janet for dates)	<b>Whyte Melville Lawn Bowls Club Open Days</b>	Fernie Fields Sports and Social Club	www.whytemelvillebowls.club Janet 01604 462 755
Tuesday	10.30 - 4.00pm	Drop in for a drink and a chat	FOC	Weekly	<b>CHURCH OPEN DOORS</b>	Moulton parish Church	Pete Collins - Admin 01604 495393 admin@moultonchurch.co.uk
Tuesday	2.15pm - 4.00pm	1.45hrs	£3 (pay as you go)	Monthly (every 4th Tuesday)	<b>MOULTON TUESDAY CLUB: with speaker (including tea/coffee and biscuits)</b>	Moulton Guide Hall, Barlow Lane	Tony Paddison: 01604 844125 or Hazel Lack: 01604 646795
Tuesday	2.30pm - 4.00pm	1.5hrs	FOC	Monthly (Every 1st and 3rd Tuesday)	<b>WOMEN'S OWN</b>	Carey Baptist Church Moulton Village	mail@careybaptist.org.uk
Tuesday	11am - 12 noon	1 hr	£2.00	Weekly	<b>Walking Football for 50+ (No experience necessary )</b>	Moulton Football Club, Playing Fields, Brunting Road, Moulton, NN3 7QF	Phil Andrews - 07842 537854 masters@moultonfc.com
Tuesday	7.00pm – 10.00pm	3hrs	£7.50	Monthly (Every 2 <sup>nd</sup> Tuesday )	<b>WOMEN'S INSTITUTE - WI</b>	Moulton Community Centre	Maureen Golding - 01604 410439 & Mavis Brown - 01604 717951
Tuesday (and sometimes Thursday)	7.45pm-9.45pm	2hrs	£40 (for annual subscription)	Weekly	<b>MOULTON 77 BRASS BAND</b>	Working Men's Club, Moulton	Helen Clifton bandenquiries@hotmail.co.uk

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Wednesday	9.30am - 10.00am	1/2hr	FOC	Weekly	PRAYER MEETING	Carey Baptist Church, Moulton Village	mail@careybaptist.org.uk
Wednesday	9.30am-10.15am	45 mins	£4.50	Weekly	GET MOVEMENT (60+ dance)	Parklands Community Centre	Mel Vyse 07899 915222
Wednesday	10.00am - 12.00pm	2 hours	FOC	Weekly (please contact Jan or Anne before attending)	HEALTH & WELLBEING ALLOTMENT	Moulton Allotments	Jan on 073925 13008
Wednesday	10.30am-11.15am	30 -45 mins	FOC	Weekly	HEALTH WALK (Easy Pace 1-2 miles)	Meet at Moulton Evangelical Church	Brian Walton 01604 491166
Wednesday	10.00am - 11.00am	1 hr	£5.00	Weekly	ZUMBA GOLD	Spratton Village Hall	Charlie Mace : 07850 643868
Wednesday	10.00am - 4.00pm	6hrs	n/a	Weekly (Wed-Sat only 10% discount to Over 60s on Wednesdays)	JGALLERY & COFFEE HOUSE	Moulton Village	Gallery - Sue Brooks - 01604 492192 info@jgallery.org.uk
Wednesday	12.00pm - 2.00pm	2hrs	£3.00	Every Fortnight (Excl School term)	MOULTON PARISH CHURCH - LUNCH CLUB	Church Centre, Moulton Parish Church	Pete Collins - Admin 01604 495393 admin@moultonchurch.co.uk
Wednesday	2.00pm - 4.00pm	2hrs	£5.00 (includes tea/coffee and biscuits)	Weekly	HEALTH & WELLBEING CHOIR	Moulton Community Centre	Kay 07726 943504
Wednesday	7.00pm - 8.00pm	1hr	£4.00	Weekly	LADIES WALKING FOOTBALL (over 30s)	Moulton Football Club	Linda: ladiesmasters@moultonfc.com 079251 10707
Wednesday	7.30pm – 9.30pm	2hrs	£3 one meeting or £10 annual subscription	Monthly Every 4 <sup>th</sup> Wednesday (except Jun/Aug/Dec)	MOULTON GARDENERS SOCIETY	Moulton Community Centre	Mick Craddock - 07725216859 / 492277 mickcrad@hotmail.com

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Thursday	10.00am-3.00pm	5hrs	£31.50 - £50.50 (depending on level of need/transport required)	Weekly	AGE UK WELLBEING CENTRE	Chappell House, Moulton	To book call Age UK on 01604 611 207 (8.30am-12.30pm Mon-Fri) (Fee includes transport to and from Chappell House, entertainment, refreshments and a two course meal)
Thursday	10.00am – 11.30am	1.5hrs	£7.00	Most weeks (please contact Margaret to check)	YOGA for people with limited mobility working on floor/chair (bring a mat and light blanket for relaxation)	Moulton Village Hall	Margaret Oakley - 01604 646764 margaret.oakley@sky.com
Thursday	12.30pm - 2.00pm	1.5hrs	FOC	Monthly (Every 3rd Thursday)	DEMENTIA CARE - CARERS SUPPORT GROUP	Brixworth Heritage Centre	Support Worker - 01604 878062 / 01832 736670
Thursday	1.45pm-2.45pm	1hr	£3.50	Weekly	KEEP FIT (for Over 60s)	Moulton Working Mens Club	Diana Bigley 01604 647 775
Thursday	7.30pm – 9.00pm	1.5hrs	£7.50	Weekly	MOULTON MORRIS MEN	Moulton Community Centre	Barry Care - 01604 646818 barrycare024@btinternet.com
Friday	9.00am - 11.00am	2hrs	FOC	Weekly	WOMEN'S BIBLE STUDY	Moulton Church Centre	Pete Collins - Admin 01604 495393 admin@moultonchurch.co.uk
Friday	10.00am -12.00pm	2hrs	£2 suggested donation	Weekly	GAMES MORNING (with tea/coffee and biscuits)	Moulton Community Centre	Mary-Jane Brown - Community Connector 07484 907438 moultoncommunityconnector@gmail.com
Friday	10am - 11am	1hr	£5.00	Weekly (except first Friday of the Month)	ZUMBA GOLD	Brixworth Community Centre	Charlie Mace : 07850 643868

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Friday	11am - 12 noon	1 hr	£2.00	Weekly	<b>Walking Football for 50+ (No experience necessary )</b>	Moulton Football Club, Playing Fields, Brunting Road, Moulton, NN3 7QF	Phil Andrews - 07842 537854 masters@moultonfc.com
Friday	1.30pm - 3.30pm	2 hrs	£3.00	2019: 6th Sep, 4th Oct, 15th Nov, 13th Dec	<b>HAPPY FEET TEA DANCE SOCIAL</b>	Moulton Community Centre	David Evans 07767 062276
Friday	2.00pm-3.30pm	1.5hrs	£2 suggested donation	2019: 13th Sept, 11th Oct, 25th Oct, 8th Nov, 18th Nov and 20th Dec (Xmas Special!!)	<b>MUSICAL MEMORIES (old favourites performed by entertainer Steven Brown - sit and listen or have a dance)</b>	Moulton Community Centre	Mary-Jane Brown - Community Connector 07484 907438 moultoncommunityconnector@gmail.com
Saturday	9.30 – 12.30pm	3hrs	£7.50	Monthly (Every 1 <sup>st</sup> Sat, except Aug)	<b>CRAFT CLUB</b>	Moulton Community Centre (Manfield Room)	mollicare@hotmail.co.uk & barrycare024@btinternet.com
Saturday	9.30 – 4.00pm	6hrs	£60 per session	Monthly (not Aug) see <a href="http://www.networkarts.co.uk">www.networkarts.co.uk</a>	<b>NETWORK ARTS</b>	Moulton Community Centre	Avril Bateman - 01604 781331 batemavr@aol.com <a href="http://www.networkarts.co.uk">www.networkarts.co.uk</a>
Saturday	1.00 – 5.00pm	4hrs	£29 annually for a couple £21 annually for a single	Monthly (Every 1st Sat - not May/July/Aug)	<b>HARDY PLANT SOCIETY NORTHAMPTONSHIRE GROUP</b>	Moulton Community Centre	Peter Ryder: 01933 279 003 northants@hardy-plant.org.uk <a href="http://www.hpsnorthants.btck.co.uk">www.hpsnorthants.btck.co.uk</a> <a href="http://www.hardy-plant.org.uk">www.hardy-plant.org.uk</a>
Sunday	1.00pm			Weekly	<b>BINGO</b>	Moulton Working Mens Club	01604 491 823