

## 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-<br>Nominal<br>Charge £0.45p<br>per mile | Daily   | <b>MOULTON AND OVERSTONE<br/>CAR SCHEME<br/>(Medical Appointments only)</b>                                    | Moulton                                 | Julia Malings - 07582 351145<br>malings189@btinternet.com   |
| Mon-Sun | Open all day<br>Monday - Sunday.<br>(Manned<br>Weds: 9am - 2pm,<br>Thurs and Fri: 1pm - 6pm) | n/a          | FOC   | Daily   | <b>MOULTON LIBRARY</b>   | Moulton Community<br>Centre             | 0300 126 1000 (options 5 and 1)   |
| Mon-Sun | Various times  | n/a          | £20 a year<br>membership                            | n/a   | <b>THE UNIVERSITY OF THE<br/>THIRD AGE</b><br>(Over 100 different interest groups and<br>coach trips)          | Northamptonshire                        | Chairman: 01327 843 104<br>Vice Chairman: 01604 639 219<br>U3Anorthantsnetwork@hotmail.com            |
| Mon-Sun | After MIDDAY   | n/a          | TBC<br>(see open<br>days in<br>Tuesday<br>Listings) | From Last week in<br>April to the Last week<br>in September | <b>Whyte Melville Lawn Bowls<br/>Club</b>  | Fernie Fields Sports<br>and Social Club | www.whytemelvillebowls.club<br>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<br>/ 08456 772 220<br>northamptonshire@ageuknorthants.org.uk |
| Mon-Fri | n/a  | n/a          | n/a   | daily   | <b>BLUEBIRD CARE</b>   | Northampton/<br>Daventry                | Advisor 01604 212476<br>northampton@bluebirdcare.co.uk  |
| Mon-Fri | 9.00am - 5.00pm  | 8hrs         | n/a   | daily   | <b>CARE AND REPAIR - HOME<br/>IMPROVEMENT AGENCY -<br/>DAVENTRY DISTRICT COUNCIL</b>                           | Daventry District<br>Council            | Advisor - 01327 871100<br>www.daventrydc.gov.uk/careandrepair   |
| Mon-Fri | 9.00am - 5.00pm  | 8hrs         | n/a   | daily   | <b>CARE AND REPAIR,<br/>NORTHAMPTONSHIRE (Handy<br/>Person, Home Security and<br/>Energy Saving Solutions)</b> | Moulton Park                            | 01604 782 250<br>careandrepairnorthamptonshire.org.uk   |
| Mon-Fri | 9.30am - 3.00pm  | 5.5hrs       | FOC   | Daily   | <b>CITIZENS ADVICE BUREAU</b>  | Central & East<br>Northampton           | Advisors - 0344 488 9629<br>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<br>(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.co.uk  |
| 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<br>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<br>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<br>jan.p.henson@gmail.com  |
| Monday   | 9.30am-11.30am                                     | 2hrs<br>(drop-in) | n/a  | Weekly  | Community Connector Health & Wellbeing Desk | Moulton Library                      | Mary-Jane Brown - Community Connector<br>07484 907438<br>communityconnector@moultonparishcouncil.org.uk |

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|---------|-------------------|--------------|--|--------------------------------|---|---|--|
| Monday  | 10.00am-3.00pm    | 5hrs         | £31.50 - £50.50<br>(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<br>(Excl Bank Holidays) | MOULTON MONDAY CLUB   | Carey Lounge<br>Carey's Baptist Church, Moulton                                 | Ella Swannell - 01604 647950<br>ella@swannellbuilders.co.uk  |
| Monday  | 12pm - 1pm        | 1 hr         | First session free and then £3 per session                         | Weekly                         | OTAGO<br>(gentle exercise for older adults)                         | Moulton Community Centre  | Marcus: 077314 83001<br>or Raphael: 07909 631037   |
| Monday  | 4.45pm-5.45pm     | 1hr          | £6.50 or £20 for four classes                                      | Weekly<br>(termtime)           | PILATES (for those recovering from illness, injury or chronic pain) | Moulton Community Centre  | (Pre-booking guarantees a place)<br>Call Gail on 077177 96028<br>gail@brownz.plus.com  |
| Monday  | 7pm - 8pm         | 1 hr         | £4/£3  | Weekly                         | Walking Football for 50+<br>(No experience necessary)               | Moulton Football Club,<br>Playing Fields,<br>Brunting Road,<br>Moulton, NN3 7QF | Phil Andrews - 07842 537854<br>masters@moultonfc.com   |
| Monday  | 7.30pm            | n/a          | FOC  | Weekly                         | MOULTON BELL RINGERS  | Tower at St. Peter and St. Paul's Church,<br>Moulton Village                    | Barry & Mollie Care - 01604 646818<br>barrycare024@btinternet.com  |
| Tuesday | 10.00am - 12.00pm | 2hrs         | £donation  | Monthly<br>(every 1st Tuesday) | COFFEE MORNING<br>(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<br/>(Ballet Group for the Over 55s)</b>                               | Guide Hall,<br>Barlow Lane,<br>Moulton  | email:dance@gaynabrown.co.uk                                   |
| Tuesday                          | 2.00pm - 4.00pm<br>(or evenings by arrangement) | 2hrs                           | £5.00 first time fee<br>(to attend all five Open Days and a discount if join) | Spring<br>(contact Janet for dates)         | <b>Whyte Melville Lawn Bowls Club Open Days</b>                                       | Fernie Fields Sports and Social Club  | www.whytemelvillebowls.club<br>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<br>admin@moultonchurch.co.uk |
| Tuesday                          | 2.15pm - 4.00pm                                 | 1.45hrs                        | £3<br>(pay as you go)   | Monthly<br>(every 4th Tuesday)              | <b>MOULTON TUESDAY CLUB:<br/>with speaker<br/>(including tea/coffee and biscuits)</b> | Moulton Guide Hall,<br>Barlow Lane  | Tony Paddison: 01604 844125 or<br>Hazel Lack: 01604 646795     |
| Tuesday                          | 2.30pm - 4.00pm                                 | 1.5hrs                         | FOC   | Monthly<br>(Every 1st and 3rd Tuesday)      | <b>WOMEN'S OWN</b>  | Carey Baptist Church<br>Moulton Village   | mail@careybaptist.org.uk                                       |
| Tuesday                          | 11am - 12 noon                                  | 1 hr                           | £2.00   | Weekly                                      | <b>Walking Football for 50+<br/>(No experience necessary )</b>                        | Moulton Football Club,<br>Playing Fields,<br>Brunting Road,<br>Moulton, NN3 7QF | Phil Andrews - 07842 537854<br>masters@moultonfc.com           |
| Tuesday                          | 7.00pm – 10.00pm                                | 3hrs                           | £7.50   | Monthly<br>(Every 2 <sup>nd</sup> Tuesday ) | <b>WOMEN'S INSTITUTE - WI</b>   | Moulton Community Centre  | Maureen Golding - 01604 410439<br>& Mavis Brown - 01604 717951 |
| Tuesday (and sometimes Thursday) | 7.45pm-9.45pm                                   | 2hrs                           | £40<br>(for annual subscription)  | Weekly                                      | <b>MOULTON 77 BRASS BAND</b>  | Working Men's Club,<br>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<br>(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<br>(Wed-Sat only<br>10% discount to Over 60s on Wednesdays) | JGALLERY & COFFEE HOUSE            | Moulton Village                       | Gallery - Sue Brooks - 01604 492192<br>info@jgallery.org.uk    |
| Wednesday | 12.00pm - 2.00pm  | 2hrs         | £3.00                                       | Every Fortnight<br>(Excl School term)                              | MOULTON PARISH CHURCH - LUNCH CLUB | Church Centre, Moulton Parish Church  | Pete Collins - Admin 01604 495393<br>admin@moultonchurch.co.uk |
| Wednesday | 2.00pm - 4.00pm   | 2hrs         | £5.00<br>(includes tea/coffee and biscuits) | Weekly   | HEALTH & WELLBEING CHOIR           | Moulton Community Centre              | Kay 07726 943504   |
| Wednesday | 7.30pm – 9.30pm   | 2hrs         | £3 one meeting or £10 annual subscription   | Monthly Every 4 <sup>th</sup> Wednesday<br>(except Jun/Aug/Dec)    | MOULTON GARDENERS SOCIETY          | Moulton Community Centre              | Mick Craddock - 07725216859 / 492277<br>mickcrad@hotmail.com   |

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| Thursday | 10.00am-3.00pm    | 5hrs         | £31.50 - £50.50<br>(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)<br>(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<br>(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<br>margaret.oakley@sky.com   |
| Thursday | 12.30pm - 2.00pm  | 1.5hrs       | FOC  | Monthly<br>(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<br>barrycare024@btinternet.com  |
| Friday   | 9.00am - 11.00am  | 2hrs         | FOC  | Weekly   | WOMEN'S BIBLE STUDY   | Moulton Church Centre      | Pete Collins - Admin 01604 495393<br>admin@moultonchurch.co.uk  |
| Friday   | 10.00am -12.00pm  | 2hrs         | £2 suggested donation<br>(or incl. transport within Moulton: £5)   | Weekly   | GAMES MORNING (with tea/coffee and biscuits and transport option)   | Moulton Community Centre   | Mary-Jane Brown - Community Connector 07484 907438<br>communityconnector@moultonparishcouncil.org.uk  |
| Friday   | 10am - 11am       | 1hr          | £5.00  | Weekly<br>(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+<br/>(No experience necessary )</b>  | Moulton Football Club,<br>Playing Fields,<br>Brunting Road,<br>Moulton, NN3 7QF | Phil Andrews - 07842 537854<br>masters@moultonfc.com   |
| Friday   | 1.30pm - 3.30pm | 2 hrs        | £3.00  | 2019:<br>6th Sep,<br>4th Oct,<br>15th Nov, 13th Dec  | <b>HAPPY FEET<br/>TEA DANCE SOCIAL</b>  | Moulton Community Centre  | David Evans 07767 062276   |
| Friday   | 2.00pm-3.30pm   | 1.5hrs       | £2 suggested donation                                  | 2019:<br>25th Oct,<br>8th Nov, 18th Nov<br>and<br>20th Dec<br>(Xmas Special!)<br>2020:<br>10th Jan, 24th Jan,<br>7th Feb, 24th Apr | <b>MUSICAL MEMORIES<br/>(old favourites performed by<br/>entertainer Steven Brown - sit<br/>and listen or have a dance)</b> | Moulton Community Centre  | Mary-Jane Brown - Community Connector<br>07484 907438<br>communityconnector@moultonparishcouncil.org.uk  |
| Saturday | 9.30 – 12.30pm  | 3hrs         | £7.50  | Monthly<br>(Every 1 <sup>st</sup> Sat, except Aug)   | <b>CRAFT CLUB</b>   | Moulton Community Centre (Manfield Room)  | mollicare@hotmail.co.uk &<br>barrycare024@btinternet.com   |
| Saturday | 9.30 – 4.00pm   | 6hrs         | £60 per session  | Monthly<br>(not Aug) see<br><a href="http://www.networkarts.co.uk">www.networkarts.co.uk</a>                                       | <b>NETWORK ARTS</b>   | Moulton Community Centre  | Avril Bateman - 01604 781331<br>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<br>£21 annually for a single | Monthly<br>(Every 1st Sat - not<br>May/July/Aug)   | <b>HARDY PLANT SOCIETY<br/>NORTHAMPTONSHIRE<br/>GROUP</b>   | Moulton Community Centre  | Peter Ryder: 01933 279 003<br>northants@hardy-plant.org.uk<br><a href="http://www.hpsnorthants.btck.co.uk">www.hpsnorthants.btck.co.uk</a><br><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  |