

## 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 www.u3asites.org.uk/northampton
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 -</b> DAVENTRY DISTRICT COUNCIL	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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<b>Mon-Sat</b>	08.00am - 8.00pm	12hrs	Prices advised at the time of enquiry	Daily Mon-Thurs 8-8pm / Fri 8-6pm / Sat 8-1pm	<b>THE BACK AND BODY CLINIC</b>	Park View, Moulton	01604 493066 info@backandbodyclinic.co.uk
<b>Mon-Sat</b>	8.00am - 6.30pm	10.5hrs	FOC	Daily (Sat 8-11.15am)	<b>MOULTON SURGERY</b>	Northampton Lane North, Moulton	Reception - 01604 644126
<b>Mon-Sat</b>	Various times	n/a	Prices advised at the time of enquiry	See listings at moultontheatre.com/cinema/	<b>MOULTON THEATRE -CINEMA</b>	Cross Street, Moulton	John Fletcher - Cinema Manager - 01604 644470 or email johnfletcher56@hotmail.com
<b>Mon-Sat</b>	Various times	n/a	Full Membership £20 (senior citizens £15) per year	Daily	<b>MOULTON THEATRE - MOULTON PLAYERS</b>	Cross Street, Moulton	Email membership@moultontheatre.com or phone 01604 768723
<b>Saturday</b>	10.00am-12.00pm	2hrs	Coffee 70p	Weekly	<b>MOULTON THEATRE Coffee Shop</b>	Cross Street, Moulton	John Fletcher 01604 644470 or email johnfletcher56@hotmail.com
<b>Mon-Sat</b>	9.00am - 5.00pm	8hrs	Prices advised at the time of enquiry	Daily	<b>PENNY HUNT (PODIATRIST)</b>	Mobile Service	Penny Hunt - 01604 405515 / 07904 061269 info@pennyhunt-podiatrist.co.uk
<b>Mon-Sun</b>	8.00am - 9.00pm Mon-Fri 8.00am - 8.00pm Sat-Sun	n/a	Prices to be advised at the time of enquiry	Daily	<b>ASHURST MEWS CARE HOME</b>	Northampton Lane North, Moulton	Manager - 01604 493233
<b>Mon-Sun</b>	12.00pm - 12.00am	Various times	FOC	Daily	<b>THE TELEGRAPH INN PUBLIC HOUSE</b>	30 West Street, Moulton	01604 648228 www.thetelegraphinn.com
<b>Mon-Sun</b>	24hr Access	n/a	£14.00 per Plot per year	Daily	<b>MOULTON ALLOTMENTS CIC</b>	Moulton Boughton Road North, Moulton	Jan Henson 07392513008 jan.p.henson@gmail.com
<b>Monday</b>	9.30am-11.30am	2hrs (drop-in)	n/a	Weekly	<b>Community Connector Health &amp; Wellbeing Desk</b>	Moulton Library	Mary-Jane Brown - Community Connector 07484 907438 moultoncommunityconnector@gmail.com

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Monday	10.00am-3.00pm	5hrs	£36 or £45 (depending on level of need)	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 Raphael: 07909 631037 or
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 - 11.00am	1hr	£1.50	Weekly	KEEP FIT	Chappell House, Moulton	Mrs Hilary Campian - 01604 493 778

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Tuesday	10.00am - 12.00pm	2hrs	£donation	Monthly (every 1st Tuesday)	COFFEE MORNING (with speaker)	Fernie Fields Sports Club	Helen James: hjames5td@gmail.com
Tuesday	11.00am - 12.00pm	1 hr	£5.00	Weekly	SILVER SWANS (Ballet Group for the Over 55s)	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)	Whyte Melville Lawn Bowls Club Open Days	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	CHURCH OPEN DOORS	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)	MOULTON TUESDAY CLUB: with speaker (including tea/coffee and biscuits)	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)	WOMEN'S OWN	Carey Baptist Church Moulton Village	mail@careybaptist.org.uk
Tuesday	11am - 12 noon	1 hr	£2.00	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
Tuesday	7.00pm – 10.00pm	3hrs	£7.50	Monthly (Every 2 <sup>nd</sup> Tuesday)	WOMEN'S INSTITUTE - WI	Moulton Community Centre	Maureen Golding - 01604 410439 & Mavis Brown - 01604 717951

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

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Thursday	10.00am-3.00pm	5hrs	£36 or £45 (depending on level of need)	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	6.00pm - 7.00pm	1hr	£3 / £4	Weekly (Starting on 11th April 2019)	LADIES WALKING FOOTBALL (over 30s)	Moulton Football Club	Linda: lindathomasj@gmail.com 079251 10707
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	£1 suggested donation	Weekly	BOARD GAMES AND CARDS (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	2.00pm-3.30pm	1.5hrs	£2 suggested donation	2019: 8th March, 12th April, 26th April, 10th May, 24th May, 14th June, 28th June, 12th July, 26th July, 13th Sept, 11th Oct, 25th Oct, 8th Nov, 18th Nov and 20th Dec	<b>MUSICAL MEMORIES (old favourites performed by entertainer Steven Brown - sit and listen, join in 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 www.networkarts.co.uk
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 www.hpsnorthants.btck.co.uk www.hardy-plant.org.uk
Saturday	8pm - 11pm	3.5 hrs	£3 donation	Every First Saturday of the Month	<b>GOLDEN 50s, 60s and 70s DISCO</b>	Moulton Community Centre	Mary-Jane Brown - Community Connector 07484 907438 moultoncommunityconnector@gmail.com
Sunday	10.45am & 6.00pm	1hr	FOC	Weekly	<b>WORSHIP SERVICE</b>	Carey Baptist Church, Moulton Village	mail@careybaptist.org.uk
Sunday	1.00pm			Weekly	<b>BINGO</b>	Moulton Working Mens Club	01604 491 823