

OVER 60s ACTIVITIES, SUPPORT GROUPS AND SOCIETIES 2018

DAY	TIME	SESSION TIME	COST	FREQUENCY	GROUP NAME	LOCATION	CONTACT DETAILS
Mon-Sun	Anytime	n/a	Volunteers- Nominal Charge £0.45p per mile	Daily	MOULTON AND OVERSTONE CAR SCHEME (Medical Appointments only)	Moulton	Julia Malings - 07582 351145 malings189@btinternet.com
Mon-Sun	Open all day. Manned Weds, Thurs and Fri: 1pm - 5pm	n/a	FOC	Daily	MOULTON LIBRARY	Moulton Community Centre	0300 126 1000 (options 5 and 1) moultonlib@firstforwellbeing.co.uk
Mon-Sun	Various times	n/a	£20 a year membership	n/a	THE UNIVERSITY OF THE THIRD AGE (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	Whyte Melville Lawn Bowls Club	Fernie Fields Sports and Social Club	www.whytemelvillebowls.club Janet 01604 462 755
Mon-Fri	9.00am - 12.00pm	3hrs	FOC	n/a	AGE UK	Northampton	Advice Service (9am - 12pm) 01604 611200 / 08456 772 220 northamptonshire@ageuknorthants.org.uk
Mon-Fri	n/a	n/a	n/a	daily	BLUEBIRD CARE	Northampton/ Daventry	Advisor 01604 212476 northampton@bluebirdcare.co.uk
Mon-Fri	9.00am - 5.00pm	8hrs	n/a	daily	CARE AND REPAIR - HOME IMPROVEMENT AGENCY - DAVENTRY DISTRICT COUNCIL	Daventry District Council	Advisor - 01327 871100 www.daventrydc.gov.uk/careandrepair
Mon-Fri	9.00am - 5.00pm	8hrs	n/a	daily	CARE AND REPAIR, NORTHAMPTONSHIRE (Handy Person, Home Security and Energy Saving Solutions)	Moulton Park	01604 782 250 careandrepairnorthamptonshire.org.uk
Mon-Fri	9.30am - 3.00pm	5.5hrs	FOC	Daily	CITIZENS ADVICE BUREAU	Central & East Northampton	Advisors - 0344 488 9629 www.citacen.org.uk
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

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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.com
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	TELEGRAPH PUBLIC HOUSE	West Street, Moulton	01604 648228 bookings@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
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 - 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	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

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Monday	7pm - 8pm	1 hr	£4/£3	Weekly	WALKING FOOTBALL (No experience necessary - just bring a pair of trainers)	Moulton Football Club, Playing Fields, Brunting Road, Moulton, NN3 7QF	Phil Andrews - 07842 537854 phil.andrews2013@btinternet.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
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	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)	Tuesday for 5 Weeks from Last Tuesday in April	Whyte Melville Lawn Bowls Club Open Days	Fernie Fields Sports and Social Club	www.whytemelvillebowls.club Janet 01604 462 755
Tuesday	2.00pm - 4.00pm	2hrs	£6.50	Monthly (every 2nd Tuesday)	TEA DANCE	Moulton Community Centre	Leighton 077457 44411 or Jo 07414 802802
Tuesday	2.15pm - 4.00pm	1.45hrs	£3 (pay as you go)	Monthly (every 4th Tuesday)	MOULTON TUESDAY CLUB (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 (No experience necessary - just bring a pair of trainers)	Moulton Football Club, Playing Fields, Brunting Road, Moulton, NN3 7QF	Phil Andrews - 07842 537854 phil.andrews2013@btinternet.com
Tuesday	7.00pm – 10.00pm	3hrs	£7.50	Monthly (Every 2 nd Tuesday)	WOMEN'S INSTITUTE - WI	Moulton Community Centre	Maureen Golding - 01604 410439 & Mavis Brown - 01604 717951

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Tuesday (and sometimes Thursday)	7.45pm-9.45pm	2hrs	£40 (for annual subscription)	Weekly	MOULTON 77 BRASS BAND	Working Men's Club, Moulton	Helen Clifton bandenquiries@hotmail.co.uk
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	10.30am-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 - 4.00pm	6hrs	n/a	Weekly (Wed-Sat only)	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	7.30pm – 9.30pm	2hrs	£3 one meeting or £10 annual subscription	Monthly Every 4 th Wednesday (except Jun/Aug/Dec)	MOULTON GARDENERS SOCIETY	Moulton Community Centre	Mick Craddock - 07725216859 / 492277 mickcrad@hotmail.com
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

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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	£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	11am - 12 noon	1 hr	£2.00	Weekly	WALKING FOOTBALL (No experience necessary - just bring a pair of trainers)	Moulton Football Club, Playing Fields, Brunting Road, Moulton, NN3 7QF	Phil Andrews - 07842 537854 phil.andrews2013@btinternet.com
Friday	1.45pm-3.00pm	1hr15mins	£6.50 or £20 for four classes	Weekly (termtime)	FITNESS CLASS for over 50s (chair & mat work and movement)	Moulton Guide Hall	Gail: 077177 96028 gail@brownz.plus.com
Friday	2.00pm-3.30pm	1.5hrs	£2 suggested donation	2018: 19th Oct, 2nd Nov, 23rd Nov, 7th Dec, 14th Dec, 2019: 18th Jan, 8th Feb, 22nd Feb, 8th March, 12th April, 26th April	MUSICAL MEMORIES (old favourites performed by entertainer Steven Brown - sit and listen, join in or have a dance)	Moulton Community Centre	Mary-Jane Brown - Community Connector 07484 907438 moultoncommunityconnector@gmail.com

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Saturday	9.30 – 12.30pm	3hrs	£7.50	Monthly (Every 1 st Sat, except Aug)	CRAFT CLUB	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 www.networkarts.co.uk	NETWORK ARTS	Moulton Community Centre	Avril Bateman - 01604 781331 batemavr@aol.com www.networkarts.co.uk
Saturday	1pm - 3pm	2 hrs	£45 for 6 week course (including materials and refreshments)	Weekly for 6 weeks: (Next Course from 3rd Nov to 8th Dec 2018)	THE BRAIN HEALTH PROGRAMME (A nutrition and lifestyle course to optimise wellbeing, memory and mood)	Moulton Community Centre	faye@ingredients4health.co.uk Tel: 079295 56908
Saturday	1.00 – 5.00pm	4hrs	£29 annually for a couple £21 annually for a single	Monthly (Every First Saturday - not May/July/Aug)	HARDY PLANTS SOCIETY NORTHAMPTONSHIRE GROUP	Moulton Village Hall (up to and including October 2017) Moulton Community Centre (From November 2017)	Peter Ryder - 01933 279003 peter.ryder@orangehome.co.uk www.hardy-plant.org.uk
Saturday	7.30pm - 11pm	3.5 hrs	£3 donation	Monthly (Every First Saturday)	GOLDEN OLDIES DISCO (50s, 60s, 70s music) All age-groups welcome!	Moulton Community Centre	Mary-Jane Brown - Community Connector 07484 907438 moultoncommunityconnector@gmail.com
Sunday	10.45am & 6.00pm	1hr	FOC	Weekly	WORSHIP SERVICE	Carey Baptist Church, Moulton Village	mail@careybaptist.org.uk
Sunday	1.00pm			Weekly	BINGO	Moulton Working Mens Club	01604 491 823