

**NORTH HERTFORDSHIRE DISTRICT COUNCIL
COMMUNITY DEVELOPMENT**



BALDOCK AREA – ACTIVITIES FOR 50+

CLUB	VENUE	DAY & TIME	TYPE OF ACTIVITY	CONTACT NAME	TEL.NO.
Baldock Senior Club	Baldock Community Centre Baldock	Wednesday 2pm – 4pm	Social and outings	Mr B Page	01462 643317
Keep Fit (for 50+)	Baldock Town Hall Baldock	Wednesday 10.00-11.00 Fridays 11.15 – 12.15	Low impact aerobics	Claire Smith	07747 868387
Keep Fit for Seniors	Baldock Community Centre Baldock	Tuesdays 9.30 am – 10.30 am		Baldock Community Association	01462 894109
Water Colour Painting	Baldock Scout Hut Baldock	Monday 10.00 – 12.00		Fred Miller	01462 896054
Life Drawing	Baldock Community Centre Baldock	Monday 10am – 12noon		Baldock Community Association	01462 894109
Still Life Drawing	Baldock Community Centre Baldock	Friday 11.30 – 4.00 pm		Baldock Community Association	01462 894109
Bridge Club	Baldock Community Centre Baldock	Tuesday 7pm – 10pm		Baldock Community Association	01462 894109
Luncheon Club	Baldock Community Centre	Wednesday 12noon – 2pm	Lunches for over 60s	Pam Dilley	01462 892084

HITCHIN AREA – ACTIVITIES FOR 50+

CLUB	VENUE	DAY & TIME	TYPE OF ACTIVITY	CONTACT NAME	TEL.NO.
Over 60s Clubs					
Senior Citizens Club	Bancroft Hall Hitchin	Monday 1.30pm – 4pm	Various social activities	Mrs Jackson	01462 456901
Good Companions (Hitchin)	Bancroft Hitchin	Wednesday 2pm	Various social activities	Joan Kirby	01462 620649
Wilbury Over 60s	Wilbury Hall Hitchin	Last Tues in Month 2.30 pm	Social	Mrs Pam Carney	01462 677342
St Michaels Friendship Club	St Michael's Community Centre Hitchin	Friday 2pm – 4pm	Social, outings and theatre trips	Tracey	01462 432635
Social Clubs - General					
Hitchin Friendship Centre	St John's Community Centre Hitchin	3 rd Thursday in the Month 2pm	Talks at meetings Holiday & Scrabble groups	Aileen Baird Or Keith Jasper	01462 850426 01462 622420
University of the Third Age (U3A)	Christchurch Hall Bedford Road Hitchin	Alternate Mondays pm for general meeting	Various small interest groups		
Bingo	Westmill Community Centre Hitchin	Wednesday 7.30-10.00 pm		Mick Furr	01462 452098
Horticultural Society	Woodside Hall Hitchin	Second Wednesday in every month 7.30pm	Talks	Ken Spriggs	01462 684473
Letchworth Arts & Leisure (LALG) Includes Hitchin	Various – open to anyone within North Hertfordshire	Walking; Antiques & Collectibles; Bridge; History; Films; Languages; Investments; Jazz; Opera; Readers; Writers; Gardening; Theatre; Wine Appreciation		David's Bookshop 14 Eastcheap, Letchworth SG6 3DE	01462 684631
Hitchin Leisure Group	Woodside Hall Hitchin	Wednesdays	Various activities	Claire Morgan	01462 474226

Sport and Exercise					
Keep Fit	Town Hall Hitchin	Wednesday 11.30am – 12.30pm	Low impact aerobics	Julie Burgess	01582 491204
50+ Swimming Sessions	Hitchin Swim Centre Hitchin	Mon & Thurs 10 am – 11am 11am – 12noon		Swim Centre	01462 441646
50+ Aquasplash	Hitchin Swim Centre Hitchin	Thursday 11.00 – 12.00			
Keep Fit (for 50+)	Tilehouse Baptist Church Hall Hitchin	Monday 2 pm – 3 pm		Claire Smith	07747 868387
Family Fitness Seniors	St. John's Community Centre St John's Road Hitchin	Monday 11.00 am – 12 noon	50+ Exercise Class	Ruth Bishop	01462 620014
Fit for Life (50+)	Fitness Connection Hitchin	Tuesday 2.00 – 3.00 pm Thursdays 10.30 – 11.30 am	Low Impact aerobics	Nesta Shephard	01462 625158
Fit for Life (50+)	Ickleford Village Hall Ickleford Hitchin	Fridays 9.30 – 10.30 am 10.45 am to 11.45 noon	50+ Exercise Class	Nesta Shephard	01462 625158
Pilates	Ickleford Village Hall Ickleford Hitchin	Monday 2.00 – 3.15 pm Monday 7.45 – 9.00 pm		Nesta Shephard	01462 625158
Forty Plus Cycling	Rides from a pre arranged venue			Bob Butler	01438 820213
50+ Badminton	Christchurch Hall Hitchin	Thursday 2.30pm – 4.00pm	Social Badminton	Sue Webb	01462 437909
Dancing					
Tea Dancing	Hitchin Town Hall Hitchin	Thurs 2pm-4pm From the First Thursday in April to the last Thursday in September	Tea Dancing	Claire Morgan	01462 474226
Sequence Dancing	Westmill Community Centre Hitchin	Thursday evening 6.30-7.45 pm lessons 8.00 – 10.00 dancing		Mick Furr	01462 452098
Tea Dance	Westmill Community	Monday 2-4 pm		Mick Furr	01462 452098

Centre					
Card Clubs					
Whist Drive	Westmill Community Centre Hitchin	Wednesday 2pm – 4.30pm		Mick Furr	01462 452098
Bridge Club	Bancroft Hall Hitchin	Wednesday 7.30 pm		Margaret Eddleston	01462 643447
Bowls clubs					
Carpet Bowls	Westmill Community Centre	Monday evening 7.45pm – 9.45pm		Mick Furr	01462 452098
Carpet Bowls	Westmill Community Centre	Thursday 1.45pm – 4.15pm		Mick Furr	01462 452098
Wilbury Short mat bowls	Wilbury Hall Hitchin	Monday pm October - April		Roger Smith	624824
Bowls	Holwell Bowls Club Holwell Hitchin			Mr Griffiths	01462 631703
Ethnic Clubs					
Asian Mixed Luncheon Club	Howard Garden Social Centre Hitchin	Tuesdays and Thursdays		As Surinder Age Concern	01462 420911
Italian Pensioners Club	Ethnic Minority Forum Hitchin	Thursday afternoon		Pina Age Concern	01462 420911
Polish Club	Langleigh Sheltered Housing Scheme Hitchin	Fridays 1.30 pm to 4.00 pm		Maria Mechelewski	01462 633933
African Caribbean Lunch Club	Bancroft Hitchin	Fridays 10am to 4pm		Angela Pert	01462 432242
Ravidassia Community Centre	2 Knowles Piece Hitchin	Daily		Ravadissia Centre	01462 626200/2

LETCWORTH AREA – ACTIVITES FOR 50+

CLUB	VENUE	DAY & TIME	TYPE OF ACTIVITY	CONTACT NAME	TEL.NO.
Over 60s Clubs					

Pembroke Club	Leisure Centre Letchworth	Monday 11am – 4pm	Badminton/Table Tennis/fitness/card games/scrabble	Muriel Maddocks	01462 438242
Westbury Over 60s Club	Scouts Hall Spring Road Letchworth	2 nd Wednesday in each Month 2.30 pm – 4 pm	Talks/slide shows/tea etc		
Senior's Friends Thursday Club	Plinston Hall Letchworth	Thursday 10.30am–2.00pm	Talks/social/cards	Brenda Green	01462 684535
Good Companions Over 60's Club (North Herts)	Grange Community Centre Letchworth	Wednesday 2.30pm – 4.00pm		Pat Wilson	01462 621526
Salvation Army Silver Circle Club	Salvation Army Hall North Way North Letchworth	Monday 2.10pm –3.30pm	Social and tea	The Commanding Officer	01462 683247
Howard Garden Social Club	Howard Garden Social Centre Letchworth	Daily activities	Arts & crafts, board games, card games, fitness and swimming	Howard Garden Centre	01462 682524
Senior Friends Tuesday Club	Plinston Hall Letchworth	Tuesdays 10.30 – 2.00 pm		Plinston Hall	01462 672003
Social Clubs - General					
Letchworth Arts & Leisure LALG	Various – open to anyone within North Hertfordshire	Walking; Antiques & Collectibles; Bridge; History; Films; Languages; Investments; Jazz; Opera; Readers; Writers; Gardening; Theatre; Wine Appreciation		David's Bookshop 14 Eastcheap, Letchworth SG6 3DE	01462 684631
Letchworth Holiday Club		Day trips once a month on Sundays		Derek Scott	01462 672950
First Garden City Ladies Club	Letchworth Settlement	2nd Monday each month – 2.00 pm		Mrs W Gould	01462 676068
Townswomen's Guild (afternoon)	Central Methodist Church Hall Letchworth	2 nd Friday each month 2.15 – 4.00 pm	Charitable/education al/recreational	Mrs Smith	01462 643578
Stepping Stones Stroke Club*	Kennedy Gardens Day Centre Letchworth	2nd Tuesday 7.30pm each Month		Marguerite Blacker	01462 486000

Grandparents & Senior Carers Toddler Group	Noel Family Centre North Way North Letchworth	Every Wednesday during term time 9.45 am – 11.15 am	Social for grandparents looking after grandchildren	Zena Noculak	01462 686723 Mob 07903 954770
Drop in	Central Methodist Church Hall Letchworth	Wednesdays 10.00 am – 4.30 pm		Alison Kingman	682200
Drop in	Central Methodist Church Hall Letchworth	Mondays 2.00 pm – 4.00 pm		Jean Aitchison	671359
Sport & Exercise					
Mature Movers	Howard Garden Social Centre, Norton Way North Letchworth	Alternate Wednesdays 10.30am	Seated Keep Fit	Lynn or Julie	01462 682524
50+ Swimming Sessions	Leisure Centre Baldock Road Letchworth	Wednesday 9am – 12noon		Leisure Centre	01462 679311
Fun & Fitness	Letchworth Sports and Tennis Club Muddy Lane, Letchworth	Wednesday 10.00am – 2.00pm	Badminton, Table Tennis and Gym	Louise Penny	01462 675444
Fit'n'Fifty	The Letchworth Settlement Nevels Road Letchworth	Tuesday 2 pm – 3 pm	Exercise to music	Margaret Braybrook	01462 730277
Health Walks	St Georges Church Norton Way North Letchworth	Wednesday 10.00am – 11.00am	Gentle 30 minute Walk with refreshments in the Clulow Room afterwards	Peter Deary	01462 686859
Forty Plus Cycling	Rides from a pre arranged venue			Bob Butler	01438 820213
Yoga	Plinston Hall Letchworth	Monday 10.00 – 11.00 Thursdays 10.00 – 11.00 Thursday 1.00 – 2.30	Yoga for all ages	Plinston Hall	01462 672003
Dancing					
Tea Dances	Plinston Hall Letchworth	Wednesdays 2pm – 4pm		Plinston Hall Sandra Booth	01462 672003

Sunday Dance Club	Plinston Hall Letchworth	Sundays 7.30 – 10.00 pm		Plinston Hall Sandra Booth	01462 672003
North Herts Good Companions Club	Free Church Hall Leys Avenue Letchworth	Saturday 7.45-10 pm		Dorothy Shaw	01462 637738
Bowls clubs					
Short mat bowls	Leisure Centre Baldock Road Letchworth	Wednesday 1pm – 4pm		Mick & Carol	01462 685746
Short mat bowls	Leisure Centre Baldock Road Letchworth	Friday 7pm – 10pm		Mick & Carol	01462 685746
North Herts Bowls Club	Norton Common	End of April to end of September		Ron Edmett	01462 636085
Norton Outdoor Bowls Club	Norton Letchworth	Tuesday pm (Summer only)		Derek Pettengell	01462 624620
Wilbury Short mat bowls	Wilbury Hall Letchworth	Monday pm October - April		Roger Smith	01462 624824

ROYSTON AREA – ACTIVIES FOR 50+

CLUB	VENUE	DAY & TIME	TYPE OF ACTIVITY	CONTACT NAME	TEL.NO.
Laurel Club (Over 55s)	British Legion Royston	Thursday 2pm – 4pm	social	Mrs P Shepherd	01763 241511
Forget me not club	Royal British Legion Royston	Wednesday 2pm – 4pm	Talks/outings/bingo quizes	Mr Chamberlain	01763 242543
Royse Seniors Club	Royston Community Centre Royston	Thursday 2 .00pm – 4.00pm	Social meetings/days out/cheese and wine/bingo	Mr Fred Hughes	01763 242033
Evergreen Club (Royston)	Masonic Hall Royston	Wednesday am and 2.00 – 4.00pm	Am mini market – refreshments available	Doris Holson	01763 241736

			Pm general social		
Short mat bowls	Royston Community Centre Royston	Monday & Friday 2.30pm-4.30pm Monday evenings 7.30pm-9.30pm		Mr F Hughes	01763 242033
Short tennis	Royston Community Centre Royston	Friday 9.30 am – 11.00 am		The Community Centre	01767 248081
Over 50s Table Tennis & Social Club	Market Hill Rooms Royston	Wednesday 7.30 pm – 9.30 pm		Chris Peters	01763 242782
Photography Club	Royston Community Centre Royston	Thursday 7.30 – 10.00 pm		Andrew Fox	01763 248081

VILLAGES – ACTIVIES FOR 50+

CLUB	VENUE	DAY & TIME	TYPE OF ACTIVITY	CONTACT NAME	TEL.NO.
Senior Citizen's Club	Ashwell	Tuesdays 2pm – 4pm	Social	Mrs M D Cook	01462 742575
Codicote Friendly Club	Village Hall High Street Codicote	Friday 2pm – 4 pm	Social	Mr A J White	01438 821679
'Breathe Easy' Part of the support network for British Lung Foundation	Great Ashby Community Centre Gt Ashby Stevenage	Last Monday in the Month	For people effected by lung disease	Sue Churchman	01438 357319
Gt Ashby Friendship Club	Great Ashby Community Centre Gt Ashby Stevenage	Tuesdays 2.00pm - 4.00pm	Various social activities	Paula Denton	01438 226596
Link Up Club (Knebworth)	Knebworth Village Hall Kebworth	Wednesday 12.00 noon	Luncheon club with some activities	Mr J Handscomb	01438 813058
Pirton & Holwell over 60s Club	Pirton Village Hall High Street Pirton	Monday 2.00pm-4.00pm	Social	C/o Claire Morgan	01462 474226
Diamond Club	Village Hall Weston	1st Monday in the Month 1.00 pm – 3.00pm		Angela Walters	01462 790447

Welcome Club	Probyn House Whitwell	Thursdays 2.30 pm to 4.30 pm	Meeting/tea/chat entertainment	Mr & Mrs Millward	01438 832458
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CLUB	LOCATION	DAY & TIME	CONTACT NAME	TEL. NO
10-3 Club	Codicote	Tuesday	Age Concern	0771 2211750
10-3 Club	Glebe House	Tuesday	Age Concern	0775 9877180
10-3 Club	Hadleigh	Monday	Age Concern	0775 9877180
10-3 Club	Knebworth Day Centre	Monday	Age Concern	0771 2211750
10-3 Club	Kimpton	Monday	Age Concern	0771 2211750
10-3 Club	Queensway	Wednesday	Age Concern	0771 2211752
10-3 Club	Reynolds	Friday	Age Concern	0771 2211752
10-3 Club	Whitwell	Thursday	Age Concern	0771 2211750
Luncheon Club	Westmill Community Centre	Tuesday 1pm – 2pm	Mick Furr	452098
Social and Day Care Centre	Howard Gardens	Daily Monday to Friday	Julie or Lynn	682524
Weston Luncheon Club	Weston Village Hall	Wednesdays 12 – 2.00 pm	Graham Wheatley	790367