

**NORTH HERTFORDSHIRE DISTRICT COUNCIL
COMMUNITY DEVELOPMENT**



Hitchin Over 50's Activities

CLUB	VENUE	DAY & TIME	TYPE OF ACTIVITY	CONTACT NAME	TEL.NO.
Senior Citizens Club	Bancroft Hall Hitchin	Monday 1.30pm – 4pm	Various social activities/bingo	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
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 keith.jasper@ntlworld.com
University of the Third Age (U3A)	Christchurch Hall Bedford Road Hitchin	Alternate Mondays pm for general meeting 2pm – 4pm	Various small interest groups that meet monthly at various venues	Pamela Shields	www.hitchinu3a.org.uk
Bingo	Westmill Community Centre Hitchin	Wednesday 7.30pm-10.00 pm	Bingo	Mick Furr	01462 452098
Lunch Club	Westmill Community Centre Hitchin	Tuesday 1pm – 2pm	Lunch	Mick Furr	01462 452098

Friendship Club	Westmill Community Centre Hitchin	Tuesday 2pm – 4pm	General Social Group was :Over 60's now over 55	Mick Furr	01462 452098
Horticultural Society	Hitchin Girls School Hitchin	Second Wednesday in every month 7.30pm	Talks	Mrs Doolan	01462 450928
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 2.30pm – 4.30pm Fortnightly from 1 st April	Debates/Speakers/ Discussion group	Kay Nethersole	01462 490313
Keep Fit	Church House Hitchin	Wednesday 1pm – 2pm	Low impact aerobics	Julie Burgess	01582 491204
50+ Swimming Sessions	Hitchin Swim Centre Hitchin	Monday 11 am – 12 noon Thursday 11am – 12 noon	Swimming	Swim Centre	01462 441646
50+ Aquasplash	Hitchin Swim Centre Hitchin	Thursday 10.00am – 12. 00 noon	Swim/Excercise	Swim Centre	01462 441646
Keep Fit (for 50+)	Tilehouse Baptist Church Hall Hitchin	Monday 2 pm – 3 pm	Keep Fit	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+) (Mature Movers)	Fitness Connection Hitchin	Tuesday 2.00pm – 3.00 pm Thursdays 10.30am – 11.30 am	Low Impact aerobics	Nesta Shephard	01462 732769 nestashephard@hotmail.com
Fit for Life (50+)	Ickleford Village Hall Ickleford Hitchin	Friday 9.30am – 10.30 am	50+ Exercise Class	Nesta Shephard	01462 732769 nestashephard@hotmail.com
Fit for Life (50+)	Joycare Pirton Village Hall	Wednesday 2pm – 3pm	50 + Exercise Class	Nesta Shephard	0145 732769 nestashephard@hotmail.com
Pilates	Ickleford Village Hall Ickleford Hitchin	Monday 2.00pm – 3.pm Monday 7.45pm – 9.00 pm	Pilates	Nesta Shephard	01462 732769 nestashephard@hotmail.com
Forty Plus Cycling	Rides from a pre arranged venue		Cycling	Ian Selfe	01462 458677
50+ Badminton	Christchurch Hall Hitchin	Thursday 2.30pm – 4.00pm	Social Badminton	Sue Webb	01462 437909
Health Walks	The Old Dairy Bedford Road Ickleford Hitchin	Daily	Various grades and starting points	Countryside Management Service	01462 459395 www.whi.org.uk northeast.cms@hertsc.gov.uk
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 Janice Williscroft	01462 474226 01462 628247 j.williscroft@ntlworld.com
Sequence Dancing	Westmill Community Centre Hitchin	Thursday evening 6.30-7.45 pm lessons 8.00 – 10.00 dancing	Dancing	Mick Furr	01462 452098

Tea Dance	Westmill Community Centre	Monday 2-4 pm	Dancing	Mick Furr	01462 452098
Whist Drive	Westmill Community Centre Hitchin	Wednesday 2pm – 4.30pm	Cards	Mick Furr	01462 452098
Bridge Club	Bancroft Hall Hitchin	Wednesday 7.30 pm	Cards	Margaret Eddleston	01462 643447
Carpet Bowls	Westmill Community Centre Hitchin	Monday evening 7.45pm – 9.45pm	Bowls	Mick Furr	01462 452098
Carpet Bowls	Westmill Community Centre Hitchin	Thursday 1.45pm – 4.15pm	Bowls	Mick Furr	01462 452098
Wilbury Short Mat Bowls	Wilbury Hall Hitchin	Monday pm October - April	Bowls	Roger Smith	01462 624824
Bowls	Holwell Bowls Club Holwell Hitchin	Friday pm	Carpet Bowls/Social	Mr Griffiths	01462 631703 www.holwellbowlsclub.co.uk