

**NORTH HERTFORDSHIRE DISTRICT COUNCIL
COMMUNITY DEVELOPMENT**



LETCHWORTH AREA – ACTIVITIES FOR 50+

CLUB	VENUE	DAY & TIME	TYPE OF ACTIVITY	CONTACT NAME	TEL.NO.
Pembroke Retirement Club	Leisure Centre Letchworth	Monday 11am – 3pm	Badminton/Table Tennis/fitness/Card Games/Scrabble	Muriel Maddocks	01462 682524
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	Various Activities	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	Outings, talks, board games, holidays	Plinston Hall	01462 672003

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 Letchworth	2nd Monday each month – 2.00 pm	General activities, discussions, speakers, they have an independent Scrabble group	Mrs W Gould	01462 676068
Stepping Stones Stroke Club*	Kennedy Gardens Day Centre Letchworth	2nd Tuesday 7.30pm each Month		Jackie	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 10am – 4pm	General activities	Alison Kingman	682200
Drop in	Central Methodist Church Hall Letchworth	Mondays 1.45pm – 4.pm	General activities	Jean Aitchison	671359
Scrabble	Howard Garden Social Centre, Norton Way North Letchworth	Thursdays 2pm – 4pm	Scrabble	Lynn Stoker	01462 682524
Art Class	Howard Garden Social Centre, Norton Way North Letchworth	Wednesdays 2pm – 4pm	Art	Lynn Stoker	01462 682524

Chess Club	Plinston Hall Letchworth	Mondays 7.30pm – Mid Sept to May	Chess All levels welcome	Ian Secretary	01462 484733 www.letchworthchess.com
Keep Fit	Howard Garden Social Centre, Norton Way North Letchworth	Wednesdays 10.30am 11.30am	Seated Keep Fit	Lynn Stoker	01462 682524
Table Tennis	Howard Garden Social Centre, Norton Way North Letchworth	Wednesdays 10.30am – 12 noon Fridays 2pm – 4pm	Social Table Tennis	Lynn Stoker	01462 682524
50+ Badminton	Fernhill School Letchworth	Thursday 8pm – 10pm	Social Badminton	Sue Webb	01462 437909
50+ Swimming Sessions	Leisure Centre Baldock Road Letchworth	Wednesday 9am – 12noon	Swimming	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
50+ Exercise to Music	Letchworth Settlement Nevels Road Letchworth	Tuesday 9.45am – 10.45am	Exercise to Music Varied chair and floor work	Claire Smith	07747 868387
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 afterwards	Peter Deary	01462 686859

Forty Plus Cycling	Rides from a pre arranged venue		Cycling	Ian Self	01462 458677
Yoga	Plinston Hall Letchworth	Monday 10.00 am - 11.00am Thurs 10.00am - 11.00am Thurs 1.00pm – 2.30pm	Yoga for all ages	Sarah Harris	01462 672003 www.plinston.com
Tea Dances	Plinston Hall Letchworth	Alternate Wednesdays 2pm – 4.30pm	Dancing	Plinston Hall Sandra Booth	01462 672003 www.plinston.com
Sunday Dance Club	Plinston Hall Letchworth	Sundays 7.30pm – 10.00 pm	Dancing	Plinston Hall Sandra Booth	01462 672003 www.plinston.com
North Herts Good Companions Club	Free Church Hall Leys Avenue Letchworth	Saturday 8pm -10.15 pm	Dancing	Dorothy Shaw	01462 636263 www.gc-lethworth.co.uk
Short Mat Bowls	Leisure Centre Baldock Road Letchworth	Wednesday 1pm – 4pm	Short Mat Bowls	Mick & Carol	01462 685746
Short Mat Bowls	Leisure Centre Baldock Road Letchworth	Friday 7pm – 10pm	Short Mat Bowls	Mick & Carol	01462 685746
North Herts Bowls Club	Lower Green Norton Common Letchworth	End of April to end of September	Bowls	Ron Edmett	01462 636085
Norton Outdoor Bowls Club	Norton Letchworth	Tuesday pm (Summer only)	Bowls	Derek Pettengell	01462 624620
Wilbury Short Mat Bowls	Wilbury Hall Letchworth	Monday pm October - April	Bowls	Roger Smith	01462 624824

