

Hope Project

Activity Programme – Over 50's

Monday 14th January – 28th February 2020



| DAY/ DATE | TIME | ACTIVITY/ EVENT | PLACE |
|-----------|---------------|---|---|
| Monday | 2pm-3pm | Women's Group (Tea, Coffee and Biscuits available) | Cranberry moss community Centre, Pennyburn, Kilwinning |
| Tuesday | 10.15-11.15 | Keep Fit Low (Can be done chair based) | CLASPS Resource centre (Stevenston) |
| | 11.00-12.00 | Walk and Talk | Meet outside Harbour arts/ Ship Inn car park, Irvine |
| | 11.50-12.50pm | Basic Sign Language | Kilwinning Library |
| | 12.00-1.30pm | Lunch Group & Bingo Food from £2.50 | CLASP Resource Centre (Stevenston) |
| | 1.30-3.00pm | Gaelic conversation café (starts 21 st on every second Tuesday) | CLASP Resource Centre (Stevenston) |
| | 6.00 - 7.00pm | Zumba £3 | High Kirk Hall, Stevenston |
| Wednesday | 10.30-11.30am | Friendship Group (Tea, Coffee and Biscuits available) | Brisbane Centre Largs |
| | 11.30-12.30pm | Walk and Talk | Meet outside Brisbane Centre Largs |
| Thursday | 10.30-11:30pm | Women's Group (Tea, Coffee and Biscuits available) | CLASP Resource Centre (Stevenston) |
| | 12.00-1.30pm | Lunch Group & Bingo Food from £2.50 | CLASP Resource Centre (Stevenston) |
| | 12.15-1.15pm | Friendship group (Tea, Coffee and Biscuits available) | Montgomery court, Kilbirnie |
| | 1.30 – 3.00pm | Men's Group Dominoes Talk (Tea, Coffee and Biscuits available) | CLASP Resource Centre (Stevenston) |
| | 2.00-3.00pm | Basic Scottish Gaelic (Tea, Coffee and Biscuits available) | Towerlands Community Centre, Irvine |
| Friday | 10.00-11.00am | Men's Group (Tea, Coffee & Biscuits available) | Dalry Library |
| | 12.00-1.00 | Basic Sign Language | Bourtreehill Library, Irvine |

DATES FOR THE DIARY:

- The second Tuesday of every month is our PRIZE BINGO at Clasps resource centre Stevenston. Doors open @ 6pm, eyes down at 7pm.
- 19th June 2020 – Royal Highland Show Trip
- 15th September 2020 – Belfast Trip

For more information on any of the above activities call any of our staff
on 01294 602711
CLASP Resource Centre, 10 Alexander Place, Stevenston KA20 3AE.
ALL ACTIVITIES ARE SUPPORTED BY CLASP.