

## **WHAT'S ON & WHERE IN FLINTSHIRE FOR OLDER PEOPLE**

**For more information, or to share details about groups/activities not on the list, please contact:**

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<b>AREA</b>	<b>ACTIVITY</b>	<b>WHERE</b>	<b>WHEN</b>
Bagillt	Dementia Café Group	The Boot & Ship CH6 6HE	4 <sup>th</sup> Thursday 12.00 – 14.45
Broughton	Airbus 50+ Club	The Wings Club, Airbus	Tuesday 13:00 – 16:00
Broughton	Knit & Natter	Library CH4 0QQ	Monday 10:00 – 12:00
Broughton	Indoor Bowling	Community Hall CH4 ORD	Thursday 13:45 – 16:00
Broughton	Craft Group	The Wings Club, Airbus	Friday 10:00 – 12:00
Broughton	Wednesday Club	Broughton Institute	Wednesday 13:30 – 16:00
Broughton	Broughton & Bretton WI	Broughton Institute	2 <sup>nd</sup> Monday
Buckley	Chatterboxes	Our Lady of the Rosary	Monday 10:30 - 12:30
Buckley	Methodist Church Group	Community Centre, Tabernacle Street	1 <sup>st</sup> Tuesday
Buckley	Jubilee Friday Club	Jubilee Court Community Centre	Friday 10:00 - 11:30
Buckley	Taiso (exercise) Group	Jubilee Court Community Centre	Monday 10:00 - 11:00
Buckley	Memory Café Group	Horse and Jockey Pub	2 <sup>nd</sup> Tuesday 13:00 – 15:00
Buckley	Zumba Gold	Academy Dance Studio CH7 2JA	Monday 18:00 - 18:45
Buckley	Craft & Chat	Library CH7 2EF	Thursday 11:00 – 12:00
Buckley	Reading Friends	Library CH7 2EF	1 <sup>st</sup> Wednesday 11:00 – 12:00
Buckley	Buckley Singers	Buckley Cross Church CH7 3HG	Thursday 19:30 – 21:30
Carmel	Coffee Morning	Carmel Village Hall	2 <sup>nd</sup> Thursday 10:00 - 12:00
Carmel	Craft Group	Carmel Village Hall	Monday 13:30 – 15:30
Carmel	Tai Chi Classes	Carmel Village Hall	Fridays at 14:00
Connah's Quay	50+ Action Group, all welcome	CAB Building, Cable Street	3 <sup>rd</sup> Tuesday 14:00 – 16:00
Connah's Quay	Mix & Mingle	Quaystone Chapel, High Street	Friday 13:15 - 15:00
Connah's Quay	Older People Assoc - Bingo	CAB Building, Cable Street	Wednesday 13:00 - 15:00
Connah's Quay	Dementia Friendly Service	St Marks Church CH5 4AD	Last Monday 13.00 – 14.00
Connah's Quay	Arthritis Support Group	Town Council Offices, Fron Rd CH5 4PJ	Last Weds 17:30- 19:30
Connah's Quay	Coffee Morning	Salvation Army, Dee Road CH5 4NX	Wednesday 09:30 - 12:00
Connah's Quay	Craft & Chatter	Salvation Army, Dee Road CH5 4NX	Tuesday 10:00 - 12:00
Deeside	Friday Social Group	Deeside Leisure Centre	Friday 10:30 – 12:00
Ewloe	Over 50s Friendship Group	Scout Hut, Gladstone Fields	Wednesday 14:00 – 16:00
Ewloe	Coffee Morning	Holy Trinity Church CH5 3BF	Thursday 10:00 – 12:00
Ewloe	Butterflies After Stroke Club	Social Club CH5 3AU	Thursday 10:30 - 14:00
Ewloe	Women's Institute	Woodside Community Centre CH5 3RP	1 <sup>st</sup> Weds 19:00 - 20:30
Flint	Coffee Morning	Flint Town Hall CH6 5NW	Wednesday 10.00 – 12.00
Flint	Age Connects Coffee Group	Age Connects CH6 5BP	Monday 13:30 – 15:30
Flint	Monday Mix Cafe	St Mary's Catholic Church	1 <sup>st</sup> Monday 13:30 - 15:00
Flint	Knit & Natter	Library CH6 5AP	Thursday 09:30 - 12:00
Flint	Evangelical Church Coffee	Flint Town Hall CH6 5NW	Saturday 10:00 – 12:00
Flint	Connect Drop In	River Dee Community Centre CH6 5PF	Thursday 09:30 – 13:00
Flint	Flint Mountain Lunch Club	Alternate Tuesdays	Tuesday 12:00 - 14:00
Ffrith	Community Cafe	Community Centre	Friday 10:00 - 11:00
Ffrith	Craft Group	Community Centre	1 <sup>st</sup> & 3 <sup>rd</sup> Monday 14:00 – 16:00
Garden City	Eye to Eye Group	St Andrews Church Community Hub	Weds 10:00 – 14:30 + lunch
Gwernymynydd	Lunch Club	Mold Golf Club CH7 5EH	Last Friday 12:00 - 14:00
Halkyn	Halkyn & District 50+ Group	Village Hall	1 <sup>st</sup> Monday 14:00 - 16:00
Hawarden	Coffee Morning	Holy Trinity Church	Thursday 10:00 - 12:00

Hawarden	Ballroom Dancing	Hawarden Institute CH5 3NS	Monday 13:45 – 15:45
Hawarden	Hawarden Singers	Hawarden Institute CH5 3NS	Tuesday 18:00 - 22:00
Hawarden	Table Tennis	Hawarden Institute CH5 3NS	Monday & Friday 19:00 – 22:00
Hawarden	Soup & Pud lunch	Tithe Barn CH5 3LT	Wednesday 12:00 – 14:00
Hawarden	Community Walks	Hawarden Institute CH5 3NS	Friday 09:45am – 12:00
Hawarden	Photographic Society	Hawarden Institute CH5 3NS	Thursday 19:00 – 22:00
Hawarden	Water Colour Class (Art)	Level Rd Community Centre CH5 3SB	Thursday 13:30 – 16:00
Holywell	Bingo Group	Museum, High Street	Alternate Monday 12:00 - 14:00
Holywell	Memory Cafe	Boot & Ship, Bagillt	Last Friday 13:00 – 15:00 - £2.50
Holywell	Coffee Morning	Bethel Baptist Chapel	Wednesday 10:00 - 12:00
Holywell	Breakfast Club	Bethel Baptist Chapel	1 <sup>st</sup> Saturday 09:00 - 10.30
Holywell	Age/& dementia-friendly group	Town Council	3 <sup>rd</sup> Thursday 14:00 – 16:00
Holywell	Singalong	St Peters Church	2 <sup>nd</sup> Friday 10:00 -12:00 - £3
Hope	Pop In Coffee & Cake	Hope Parish Hall	Thursday 13:00 to 15:00
Hope	Music & Movement Session	Hope Community Centre	Tuesday 10:00 – 11:00
Hope	Bingo Group	Hope Community Centre	Tuesday from 13:00 – 15:00
Leeswood	Over 60s Club	Community Centre	Alternate Weds 14:00 – 16:00
Leeswood	Craft Group	Community Centre	Alternate Mon 10:00 – 15:00
Leeswood	Patchwork & Quilting Group	Community Centre	Tuesday 10:00 – 16:00
Leeswood	Sunshine Community Cafe	Community Centre	Thursday 10:30 - 12:00
Mancot	Mancot Pensioners	Village Hall CH5 2AH	Wednesday 13:30 – 15:00
Mancot	Coffee Morning	Village Hall CH5 2AH	Friday 10.30am to 11.30am
Mold	Singing for the Brain	Library CH7 1AP	3 <sup>rd</sup> Thursday 10.30 -12:00
Mold	Coffee Morning	Ebenezer Church CH7 1PA	Tuesday 10.30 - 12:00
Mold	DEEP Group (Dementia)	Mold Rugby Club	Wednesday 10:00 – 12:00
Mold	Yoga	Clubhouse, Park Avenue CH7 1RY	Tuesday 10.00 – 11.00
Mold	Outside Lives Community Day	Rugby Club CH7 1UF	Wednesday 10:00 - 15:00
Mold	Outside Lives Community Day	Parkfields Community Centre CH7 1TB	Monday 10:00 - 15:00
Mold	Derby & Joan Club	Grosvenor Hall CH7 1ES	Wednesday 13:45 -15:15
Mold	Reading Friends	Library CH7 1AP	2 <sup>nd</sup> Thursday 11:00 - 12:00
Mold	Memory Arts Café	Daniel Owen Centre CH7 1AP	Last Monday 13:00 - 15:00
Mold	Bowel Cancer Support Group	Daniel Owen Centre CH7 1AP	3 <sup>rd</sup> Thursday 19:00 - 21:00
Mold	Warm Hub with soup & roll	Daniel Owen Centre CH7 1AP	Friday 10:00 – 12:00
Mold	Luncheon Club	Daniel Owen Centre CH7 1AP	Friday 12:30 - 14.30
Mostyn	Community Group	Maes Pennant Community Centre	Wednesday 10:00 - 12:00
Mostyn	Monday Club	Mostyn Community Centre	Monday 14:00 - 16:00
Mostyn	Art & Craft	Mostyn Community Centre	Weds 10:30 - 11.30
Mostyn	Multiple Sclerosis Group	Abakhan Fabrics	2 <sup>nd</sup> Tuesday 10:30 – 12:00
Mynydd Isa	Tai Chi	Community Centre CH7 6UH	Thursday 10:30 – 12:00
Mynydd Isa	Boccia	Community Centre CH7 6UH	Friday 13:30 – 15:30
New Brighton	Drop in café	Community Centre	Tuesday 13:00 – 14:30
Northop	Dancing with Dementia	Edith Banks Memorial Hall	Tuesday 14:15 – 15:30
Northop Hall	Thursday Club	Methodist Church CH7 6HT	Thursday 14:00 – 16:00
Pentre Halkyn	Monday Coffee Morning	Pentre Halkyn Community Centre	Monday 10:30 - 12:30
Pentre Halkyn	Monday Soup & Roll Lunch	Pentre Halkyn Community Centre	1 <sup>st</sup> Monday 11:45 – 13:00
Penyfford	Knitting Group	Trinity Chapel CH4 0JE	Monday 14:00 - 16:00
Penyfford	Coffee Morning	Trinity Chapel CH4 0JE	Thursday 10:30 -12:30
Penyfford	Memory Café	The Millstone CH4 0JE	Last Friday 13:00 – 15:00
Rhes y Cae	Social Needlecraft Group	Village Hall	Tuesday 19:00 – 21:00

Rhes y Cae	Ewe Can Craft Group	Village Hall	Alternate Weds 19:00 – 21:00
Rhes y Cae	Yoga Group	Village Hall	Thursday 19:00 – 21:00
Rhosesmor	Craft Group	Village Hall	2 <sup>nd</sup> Tuesday 13:30 - 15:30
Queensferry	Chair Aerobics	Ty Calon Centre	Monday 11:00 - 11:30
Saltney	Musical Memories Group	Douglas Place Community Centre	2 <sup>nd</sup> Tuesday 14:00 – 16:00
Saltney	Coffee Morning	Sandy Lane Community Centre	Wednesday 10:00 to 12:00
Saltney	Knit & Natter Group	Sandy Lane Community Centre	Monday 10:00 to 12:00
Saltney	Oddfellows Coffee Morning	Oddfellows Hall CH4 8SG	Thursday 10:30 – 12:00
Sandycroft	Coffee Morning	Methodist Church CH5 2PE	Friday 10:30 - 12:00
Sealand	Happy Group	Sealand Youth Club	Fortnightly Tues 12:30 - 15:00
Sealand	Dementia Cafe	Fig Tree Café, St Bartholomew's	Mon, Tues & Weds 10:00 – 14:00
Shotton	Manley Court Coffee Morning	Manley Court Community Lounge	Mon & Thurs 11:00 – 12:00
Shotton	Warm Hub, coffee & toast	Rivertown Church	Mon, Weds, Fri 10:00 – 12:00
Shotton	Craft Club	Rivertown Church	2 <sup>nd</sup> & 4 <sup>th</sup> Wednesday 19:00- 21:00
Sychdyn	Wood Turners	Memorial Hall CH7 6RH	4 <sup>th</sup> Thursday 19:00 – 22:00
Trelawnyd	Friendship Group	Memorial Hall	3 <sup>rd</sup> Thursday 14:00 – 16:00
Ysceifiog	Friday Friends	Village Hall	Last Friday 14:00 – 16:00