

Supporting Older People

Founded 1982



Activities Programme 2023

Our mission:

“We aim to alleviate loneliness and isolation often experienced by older people living on their own”



www.supportingolderpeople.org.uk

Registered Charity Number 1155682

Tea and Talk



Tea & Talk is held on the second Tuesday of each month at 2pm at the Crown Hotel, Harrogate, unless otherwise stated.

The cost is £9 to include afternoon tea.

10th January

14th February

14th March - Harrogate Town Ukes

11th April

9th May

13th June

11th July

8th August

12th September

10th October

14th November

12th December

Dining Out Club



We meet on the first Monday of the month and restaurants have been chosen for their accessibility and as far as possible are independent venues.

Prices are in the region of £8 to £18 per head.
All charges include a £1 booking fee.

6th February - Buon Gusto

6th March - West Park

3rd April - Taverna

1st May - Wetherspoons

5th June - The Inn at Cheltenham

3rd July - The Majestic Hotel

7th August - Istanbul Turkish Bar & Grill

4th September - Buon Gusto

2nd October - The Crown Hotel

6th November - Portofino

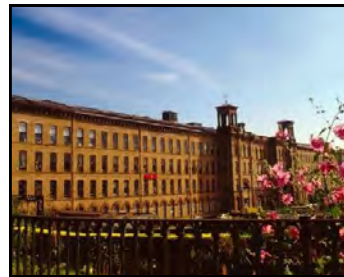
4th December - TBC

Outings

26th January
Horticap Lunch
£5 - not including lunch



16th February
Salts Mill with fish & chips lunch
£10 - not including lunch



15th March
Wentworth Garden Centre
£10



24th April
Burnby Hall – Tulip Festival
£12



11th May
Skipton Canal Trip
£30



19th June
Seaside, Filey
£15



19th July
Shibden Hall & Piece Hall,
Halifax
£15



17th August
Harewood Arms
£10- not including
lunch



14th September
Yorkshire Museum, York
£15



12th October
Marks & Spencer
In Time Exhibition
£12



November
Shopping Trip



December



Music & Movement Group

This is a friendly group who meet at the Green Hut, 44 Harlow Avenue, Harrogate, every Tuesday at 10am for an hour of extend seated exercise followed by chat and tea and coffee.

The cost is £4 per session.

Harlow Friendship Group

This group also meet at the Green Hut, every Wednesday afternoon at 14:30. Come along to meet new friends, have a cup of tea, and enjoy the entertainment, which varies from speakers, presenters, singers, musicians, quizzes etc.

The cost is £4 per person. (£6 per couple)

Cinema Club

The Film Club will take place on the 3rd Tuesday of every month at the Odeon Cinema Club. Details of the film to be show are available the week before the show. If you are interested in joining the Club please let us know and we will give you a call with further details.

The cost is £3.50 (to include a cup of tea or coffee)



We do hope you will find an event that will interest you in our
Activities Brochure.

Please telephone 01423 531490 if you would like to book any of the
activities - we work on a first come first served basis.

Looking forward to hearing from you.



Any questions?

Please give us a call if you would like any further information about the activities.



Lorna, Julia and Kate
The Team at Supporting Older People

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Larger print available on request
Please note all dates and prices are subject to change.

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