

# Supporting Older People

Founded 1982



## Activities Programme 2024

Our mission:

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



[www.supportingolderpeople.org.uk](http://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.

13th February - Derry Jones & Jovita

12th March

9th April - Serendipity 20yrs Together

14th May - Quiz

11th June

16th July - Harrogate Ukes

(Please note change of date due to Great Yorkshire Show)

13th August

10th September

8th October

12th November

10th 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.

Monday 5th February - Graveleys

Monday 4th March - Taverna

Tuesday 2nd April - Buon Gusto

Tuesday 7th May - Pickled Sprout

Monday 3rd June - Brios

Monday 1st July - Lucia's

Monday 5th August - Fat Badger

Monday 2nd September - Cote

Monday 7th October - The Old Bell

Monday 4th November - Istanbul

Monday 2nd December - The Inn at Cheltenham

## Outings

Prices are subject to change

25th January  
McKenzies Farmhouse  
£8



22nd February  
Astoria—Barnsley  
£15



21st March  
Abbey House Museum  
& Leeds Art Gallery  
£15



18th April  
York Bird of Prey Centre &  
Fish & Chip Lunch  
£16



16th May  
Skipton Canal Trip  
Price TBC



20th June  
Bridlington plus lunch at  
The North Star Hotel  
£18



18th July  
Temple Newsam  
£15



15th August  
Northallerton  
& Sam Turner  
Garden Centre  
£15



19th September  
Ilkley  
£12



October  
Theatre Trip  
Event & date TBC



14th November  
Shopping Trip  
£12



December  
Castle Howard  
Date TBC



## **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 £5 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 3<sup>rd</sup> 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)

## **Knaresborough Dining Out Club**

This is usually held on the 3rd Monday of the month. We meet at local restaurants in Knaresborough. If you would like to come along to our group please telephone 01423 531490.

Monday 29th January The Knaresborough Inn

Monday 19th February So Bar

Monday 18th March Drakes Fish & Chips



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

Supporting Older People  
Community House  
46-50 East Parade  
Harrogate  
HG1 5RR

01423 531490 (Office)  
[team@supportingolderpeople.org.uk](mailto:team@supportingolderpeople.org.uk)

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

Last updated December 2023