

UPCOMING ACTIVITIES

Looking to get out and about? Perhaps you're looking to make new friends and connections with your neighbours. We have an extensive itinerary of activities, including:



TAI CHI



PILATES



**FLOWER
ARRANGING**



BINGO



**AFTERNOON
TEA**



**MOVEMENT
TO MUSIC**



**IT &
BISCUITS**

PLUS LOTS MORE!



Tai chi with Steve

Westgarth Pop In | Fridays 11:30am – 12:30pm **£3**

Jean Bishop Centre | Fridays 2:30pm – 3:30pm **£3**

Movement to Music with Claire **FREE**

Ada Holmes | Thursdays 2pm – 3pm

Christopher Pickering Lodge | Wednesdays 2pm – 3pm

Exercise to Music inc. Pilates with Janine

Humber view | Tuesdays 10:30am – 11:30am **£3**

Broadway Pavilion | Thursdays 10:30am – 11:30am **£3**

Forever Young social group with Hull Libraries **FREE**

Barrington Pop in | Tuesdays 2pm – 4pm

IT and Biscuits – Learn the basics of how to use your mobile phone, tablet and laptop. **FREE**

Christopher Pickering Lodge | First Monday of every month | 2pm – 4pm

Broadway Pavilion | First Wednesday of every month | 10:30am – 12:30pm

Westgarth Ave Pop in | First Tuesday of every month | 10:30am – 12:30pm

Intergenerational Session

Broadway Manor | Ings Primary School |

Wednesday 25th May – Time to be confirmed

Ada Holmes | Greenway Academy |

Wednesday 18th May – Time to be confirmed

Christopher Pickering Lodge | Newington Primary school |

Tuesday 21st June – Time to be confirmed

Sunshine Strummers Ukulele

Christopher Pickering Lodge | Thursday 26th May | 1:30pm – 3:30pm

Humber View | Tuesday 28th June | 1:30pm – 3:30pm

Ada Holmes | Thursday 21st July | 1:30pm – 3:30pm

Bingo

Hebrides pop in | Tuesday and Thursday 3pm – 5pm

Barrington Pop in | Tuesday and Thursday 7:30 pm – 10 pm

Priory Pop in | Tuesday 2pm – 4:30pm

Broadway Pavillion | Monday 1pm – 3pm and Thursday 1pm – 3:30pm

Ada Holmes circle | Friday 2pm – 4pm

Malin lodge | Thursday 1:30pm – 3pm

Humber view | Wednesday 2pm – 4pm

Christopher Pickering lodge | Monday 6:30 pm – 8pm

Broadway Manor | Friday 2pm – 4pm

(please be aware that each Pop In charges for Bingo)

Miscellaneous **FREE**

Hebrides Pop in | Our Best Years with Hull FC and KR |

Monday - 1:30pm – 3:30pm

Westgarth Pop in | Our Best Years with Hull FC and KR | 1pm – 3pm

Hebrides pop in - Hanging basket making with Ings ward councillors **FREE**

11th May 9:30am – 12:30pm

Booking essential

east.areaadmin@hullcc.gov.uk or call **01482 300300**

Social days and nights

Westgarth pop in | Tuesday 12pm – 2pm

Broadway Pavillion | Saturday 7pm – 9pm

Craft /Knitting natter groups

Broadway Manor | Thursdays 3pm – 5pm

Broadway Pavillion | Wednesdays 1:30pm – 3pm

Please contact the Scheme Manager or the office for further information.





JUBILEE CELEBRATIONS

Schemes

Christopher Pickering Lodge – Saturday 4th June from 5pm onwards with Gary Marsden.

Ada Holmes Circle – Thursday 2nd June from 2pm onwards with Gary Marsden.

Malin Lodge – Friday 3rd June from 2pm onwards with Liam Alexander.

Broadway Manor – Thursday 2nd June from 2pm onwards with Paul Santos.

Humber view – Friday 3rd June from 2pm onwards with Gary Marsden.

Pop ins

Westgarth – Sunday 5th June PM with Les Mic.

Barrington – Friday 3rd June from 1:30pm onwards with Leah.

Broadway Pavilion – Thursday 2nd June from 2pm onwards with Mike King.

Priory – Friday 3rd June from 2pm onwards with Mark Kelly.

Villages

Summergroves Village Sunday 5th June from 2:30pm onwards - singing from Wendy.

Intergenerational Jubilee parties with local schools

Ada Holmes and Greenway Academy – Weds 18th May – contact scheme manager Tara for times and to confirm attendance.

Broadway Manor and Ings Primary – Weds 25th May. Please contact scheme manager Mavis for times and to confirm attendance.

Please be aware some events are free and some require payment, contact Claire Champlin on the number below for further information. Any other areas wishing to host a street party for local residents please contact Claire Champlin for support on 01482 223783.

We would love to hear your feedback on this activity leaflet. Please call us on **01482 223783** or email **info@pfh.org.uk** to let us know how we can improve future versions.