

# Ainsdale Lunch and Leisure WEEKLY ACTIVITIES



**Monday**  
Guitar Lessons: 10.00 - 12.00  
Chapel Café: 10.00 - 14.00  
Lunch: 12.00 - 13.00  
Games Afternoon: 13.00 - 15.00  
Fit 4 Life: 10.00 - 11.00  
Gardening Club: 10.00 - 12.00



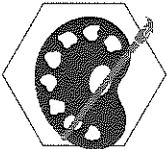
**Tuesday**  
Ukelele: 10.00 - 12.00  
Charity Shop: 10.00 - 14.30  
Lunch: 12.00 - 13.00  
Music for All: 13.00 - 15.00  
Tai-Chi: 14.00 - 15.30 Please book in advance



**Wednesday**  
Chapel Café: 10.00 - 14.00  
Charity Shop: 10.00 - 14.30  
Lunch: 12.00 - 13.00  
Games Afternoon: 13.00 - 15.00 (Indoor Bowling & Table Tennis)



**Thursday**  
Art & Craft: 10.00 - 12.00  
Gentle Gym: 09.45 - 10.45  
Gentle Gym: 10.50 - 11.50  
Charity Shop: 10.00 - 14.30  
Lunch: 12.00 - 13.00

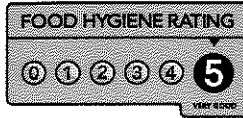


**Friday**  
Lunch (Fish Friday): 12.00 - 13.00  
Chapel Café: 10.00 - 14.00  
Needle Craft: 10.00 - 12.00  
Singing for All: 12.45 - 13.00



Bookings only via the office: Tel 01704 574838  
[www.ainsdalelunchandleisure.org.uk](http://www.ainsdalelunchandleisure.org.uk)

Company Number: 6846070, Registered Charity No: 1129183



Thank you  
to all our sponsors!

**P. H. HOLT**  
FOUNDATION



Please contact the office for our hot meal  
home delivery service.

