Activity Guide
for clubs and groups for over 50s in Coventry
CV3 area

From lunch clubs to history groups, coffee mornings to exercise classes - there’s something for everyone near you!

Good Neighbours Coventry
A collaboration between

goodneighbourscoventry@hopecoventry.org.uk
07563 902 904
Every Tuesday morning, this small gathering called Coffee Morning fills West Orchards URC with coffee, tea, biscuits, friendly chat and smiles. Members of different ages start to walk in from 10am, when they are welcomed by the members on duty and invited to have a drink: “Do you like a cup of coffee?”

Twelve volunteers serve everyone coffee or tea in turn every week. As Rose says, it gives them a sense of ‘responsibility’. She describes Coffee Morning as her ‘routine’: “You should have a pattern you like, or you wouldn’t do anything at all”, “It’s an opportunity to get you out of the house”. As the one on duty today, Michael also thinks this “gets people out of the house and makes them sociable”, “It’s important to keep an interest”. Another member, Margret says: “You make a lot of friends here”, “and I get to meet people who actually don’t come to the church”. Indeed, these old friends catch up with each other in a relaxing and natural way. They can’t imagine not
coming along. Meanwhile, undoubtedly, they are also keen to get to know some new people, hearing them talk about their background and life stories. “It’s a little community”, Mhari told me.

As one of the youngest here, she thinks it’s interesting to talk with older people and to learn about their lives. For example, she met both Jeff and Peter here. After talking to them, it’s obvious why these conversations are so special. Jeff was a sportsman who played cricket and rugby, and Peter once spent two months walking to Rome from London in the 1950s. Each of them has so many marvellous stories to share, and this even makes a routine cuppa interesting. Joyce says: “I chat to people to catch up and get to know them better.” Of course, they also look out for each other and help when anyone is in trouble. Like Rose said, if her friend didn’t show up, the first thing she would do when she gets home is surely giving her a call to see if there’s a problem.
Various
St Martins Church
136 Green Lane
Finham
CV3 6EA
02476 419408
Email: rosemarymccarthy@hotmail.co.uk

<table>
<thead>
<tr>
<th>Activity</th>
<th>Day/Time</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Finham seniors</td>
<td>Monday 2.00pm-4.00pm</td>
<td>££</td>
</tr>
<tr>
<td>Coventry Flower Club</td>
<td>3rd Monday of every month except August 2.00pm</td>
<td>£££</td>
</tr>
</tbody>
</table>

Experienced NAFAS demonstrator provides the afternoon’s entertainment, raffle, tea and biscuits

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Bus route: 9

Rosemary McCarthy has won the Pride of Britain award. Groups make people smile
Women’s Horticultural Society  
2nd Wednesday of every month  
2.00pm-4.00pm  

Enjoy meeting new people? Want to know more about plants and their care? For further information call 02476 414047

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Bus route: 9

Rosemary Mccarthy has won the Pride of Britain award. Groups make people smile.
## Woodside Avenue Methodist Church

**Address:**
Woodside Avenue
Finham
CV3 6BE

**Contact:**
02476 414917
Email: mark@centralhall.info

### Activities

<table>
<thead>
<tr>
<th>Activity</th>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Women’s Own Group</td>
<td>Every other Tuesday</td>
<td>2.30pm</td>
<td>£</td>
</tr>
<tr>
<td>Yoga</td>
<td>Tuesday</td>
<td>9.15am-10.30am and 6.30pm-7.45pm</td>
<td>££</td>
</tr>
<tr>
<td>Art Group</td>
<td>Wednesday</td>
<td>2.00pm-4.00pm</td>
<td>££</td>
</tr>
</tbody>
</table>

You can just turn up but it's advised to contact first on 02476 410136

### Bus Route

Bus route: 40, 45, 46, 49, 60, 60A
Various
Woodside Avenue Methodist Church
Woodside Avenue
Finham
CV3 6BE
02476 414917
Email: mark@centralhall.info

<table>
<thead>
<tr>
<th>Event</th>
<th>Day</th>
<th>Time</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Legs, Bums and</td>
<td>Thursday</td>
<td>7.30pm-8.30pm</td>
<td>££</td>
</tr>
<tr>
<td>Tums</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Flexi Bar</td>
<td>Thursday</td>
<td>6.40pm-7.25pm</td>
<td>££</td>
</tr>
</tbody>
</table>

Bus route: 40, 45, 46, 49, 60, 60A
Tea and Chat—The Grange  
4th Tuesday of each month (except December)  
2.00pm-3.30pm  
No Cost

Everyone brings a small item of food – a few sandwiches, a cake or some biscuits – and together it makes a good afternoon tea to share. There is always a warm welcome for new members. For more information, please contact Barbara Carr on 76452871

Community Coffee morning—Knoll Drive  
Thursday  
10.00am-12.00pm  
£

It’s a great opportunity to talk with people of a similar age with good coffee and homemade cake
<table>
<thead>
<tr>
<th>Parish Lunch – Knoll Drive</th>
<th>First Thursday of every month</th>
<th>1.00pm</th>
<th>No cost</th>
</tr>
</thead>
</table>

Coffee, scones, cake and chat with friends.

Bus route: 9, 9A, 9S & 539
Various
Aldermoor Life Centre

78 Roundhouse Road
Stoke Aldermoor
CV3 1DA
Tel: 02476 454 010

Pinley Over 60’s club
Thursday 12.45pm-2.45pm £££

Prices vary depending on what is happening on the day. Activities include bingo and carveries.

Lunch club for over 55’s
Sunday 1.00pm-2.30pm ££

3 course lunch

Bus route: 12,16,16A & 26

It gets me out the house and I enjoy playing lots of bingo
Various
Coventry and Warwickshire Sports

Binley Road
Binley
CV3 1HB

<table>
<thead>
<tr>
<th>Bridge Club</th>
<th>Saturday</th>
<th>10.00am-12.00pm</th>
<th>£££</th>
</tr>
</thead>
</table>

Bus route: 1, 12, 13, 13A, 74 & 86

It keeps my mind active.
### Various
St Catherine’s Church

Acorn Street  
Stoke Aldermoor  
CV3 1DP Mob 07954652824  
Tel 02476 451426 Email: vicarstcaths@gmail.com

**Gardening Group**  
Monday  
* *Wednesday  
*spring onwards  
9.30am  
3.00pm  
No Cost

<table>
<thead>
<tr>
<th>Sewing and Knitting Group</th>
<th>Tuesday</th>
<th>9.30am-11.00am</th>
<th>£</th>
</tr>
</thead>
<tbody>
<tr>
<td>Treat Yourself Coffee</td>
<td>2nd Saturday of every month</td>
<td>10.00am-12.00pm</td>
<td>£</td>
</tr>
</tbody>
</table>

**Bus route:** 12, 16, 16A, 26

Volunteers are of all ages, everybody is welcome to share your skills and make new friends.
Brinklow Road
Binley
CV3 2DT
Tel 02476 636334

<table>
<thead>
<tr>
<th>Busy Fingers</th>
<th>2nd and 4th Tuesday</th>
<th>1.00pm-300pm</th>
<th>££</th>
</tr>
</thead>
<tbody>
<tr>
<td>Outlook</td>
<td>3rd Tuesday of every month</td>
<td>1.30pm-3.00pm (from 12.30pm if there is lunch)</td>
<td>££</td>
</tr>
</tbody>
</table>

Provides an opportunity for adults at home during the day to come together.

| Binley Floristry Club | 2nd and 4th Thursday of every month | 1.30pm-3.30pm | ££  |

Bus route: 13, 13A, 16, 16A, 26 & 86

Outlook is a very enjoyable afternoon, everyone is friendly
Various
John White Community Centre

Grange Avenue
Binley
CV3 2ED
Tel 02476 440295 Email reception@jwcc.org.uk

<table>
<thead>
<tr>
<th>Keep Fit</th>
<th>Thursday</th>
<th>12.30pm-2.45pm</th>
<th>££</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fitness Yoga</td>
<td>Friday</td>
<td>10.30am-11.30am</td>
<td>££</td>
</tr>
</tbody>
</table>

Before attending either of these classes contact the Adult Education Service to register 02476 786806

Bus route: 13, 13A, 16, 16A, 26 & 86

Everyone is welcome and we share skills and make new friends
**Binley Evergreens**  
(social and bingo)  
**Tuesday**  
12.30pm-2.30pm  
**No Cost**

**Pensioners Group**  
**Tuesday**  
12.00pm-2.00pm  
**££**

Lunch is included.

**Jerry’s Outlook Bowls Club**  
**Wednesday**  
11.00am-12.30pm  
**££**

Transport can be provided by Ring and Ride.

**Evergreen Bowls**  
**Thursday**  
10.00am-12.00pm  
**£**

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**Bus route:** 13, 13A, 16, 16A, 26 & 86

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**Everyone is welcome and we share skills and make new friends**
Various
St John the Divine
Robin Hood Road
Willenhall
CV3 3AY
Tel 02476 303266
Email stjohnthedivine@hotmail.co.uk

<table>
<thead>
<tr>
<th>Event</th>
<th>Day</th>
<th>Time</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday Club Friendship Group</td>
<td>Monday (not bank hols)</td>
<td>12.00pm-2.00pm</td>
<td>££</td>
</tr>
<tr>
<td>Good Neighbours Community Choir</td>
<td>Thursday</td>
<td>7.00pm-9.00pm</td>
<td>No cost</td>
</tr>
<tr>
<td>Bingo</td>
<td>Thursday</td>
<td>7.00pm-9.00pm</td>
<td>££</td>
</tr>
<tr>
<td>Good Neighbours Art Café</td>
<td>2nd Friday of every month</td>
<td>1.30pm-3.00pm</td>
<td></td>
</tr>
</tbody>
</table>

Come along and have tea, cake and something crafty to take home.

Bus route: 13, 13A, 16, 16A, 26 & 86

Come and have a cuppa, cake and a chat
### Various Groups

**Hagard Community Centre**

**Remembrance Road**
**Willenhall**
**CV3 3DG**
**Tel 02476 303 947 Email: emma@weetc.org.uk**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Day</th>
<th>Time</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Short Mat Bowling</td>
<td>Monday</td>
<td>10.30am-12.00pm</td>
<td>£</td>
</tr>
<tr>
<td>Over 50’s Line Dancing</td>
<td>Monday</td>
<td>1.00pm-3.00pm</td>
<td>£</td>
</tr>
<tr>
<td>Craft Group</td>
<td>Tuesday &amp; Thursday</td>
<td>10.00am-12.00pm</td>
<td>£</td>
</tr>
</tbody>
</table>

**Bus route:** 12, 13, 13A, 21, 21S, 27A, 46, 60, 60A

**Get you out of the house and meeting people**
### Various Groups

**Hagard Community Centre**

**Remembrance Road**  
**Willenhall**  
**CV3 3DG**  
**Tel 02476 303 947 Email: emma@weetc.org.uk**

<table>
<thead>
<tr>
<th>Group</th>
<th>Day</th>
<th>Time</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>History Group</td>
<td>Tuesday</td>
<td>10.00m-12.00pm</td>
<td>£</td>
</tr>
<tr>
<td>Healthy Walking</td>
<td>Wednesday</td>
<td>10.30am-12.00pm</td>
<td>£</td>
</tr>
<tr>
<td>Armchair Exercises</td>
<td>Wednesday</td>
<td>10.30am-12.00pm</td>
<td>£</td>
</tr>
</tbody>
</table>

**Get you out of the house and meeting people**

**Bus route:** 12, 13, 13A, 21, 21S, 27A, 46, 60, 60A
## Physical Activity

St James Church
Abbey Road
Whitley
CV3 4BB
Tel 02476 303831
Email George@stjames-whitley.co.uk

<table>
<thead>
<tr>
<th>Activity</th>
<th>Day</th>
<th>Time</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gentle Seated Yoga &amp; Stretch</td>
<td>Tuesday</td>
<td>2.00pm-3.00pm</td>
<td>£</td>
</tr>
</tbody>
</table>

Relaxing yoga for the over 50’s working on core strength whilst improving balance

**Bus route: 41**
Various Groups
Whitley Community Centre

15 The Avenue
Whitley
CV3 4BP
Tel 07581 047 546
Email enquiries@yourwhitley.co.uk

<table>
<thead>
<tr>
<th>Activity</th>
<th>Day</th>
<th>Time</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yoga Class</td>
<td>Tuesday</td>
<td>7.00pm-8.30pm</td>
<td>£££</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Promotes relaxation and physical wellbeing.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ladies Club</td>
<td>2nd and 4th Thursday of every month</td>
<td>7.00pm-9.00pm</td>
<td>££</td>
</tr>
</tbody>
</table>

Bus route: 41
## Various Groups
St Thomas More RC Church

Watercall Avenue
Styvechale
CV3 5DE
Tel 02476 411900 or 02476 413381
Email stmcov@gmail.com

<table>
<thead>
<tr>
<th>The Tuesday Society</th>
<th>Tuesday</th>
<th>2.00pm-4.00pm</th>
<th>£</th>
</tr>
</thead>
</table>

Provides an opportunity for over 50s in the parish to socialise. There are a variety of activities and outings organised. Charges apply to specific events (meals, bingo, outings etc) but some meetings are free to attend.

<table>
<thead>
<tr>
<th>Extend Gentle Exercise</th>
<th>Thursday</th>
<th>10.00am</th>
<th>££</th>
</tr>
</thead>
</table>

Provides a lovely afternoon with chat and various activities each week

Bus route: 3, 60, 60A
Various Groups
Christ Church
7 Frankpledge Road
Cheylesmore
CV3 5GT
Tel 02476 502770

<table>
<thead>
<tr>
<th>Event</th>
<th>Day</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Art Group</td>
<td>Tuesday</td>
<td>2.00pm-4.00pm</td>
<td>££</td>
</tr>
<tr>
<td>Lunch at Christ Church</td>
<td>Wednesday</td>
<td>12.30pm-3.00pm</td>
<td>££</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2 course followed by activities. Transport available on request</td>
<td></td>
</tr>
<tr>
<td>Tea &amp; Chat</td>
<td>Thursday</td>
<td>2.00pm-3.30pm</td>
<td>£</td>
</tr>
<tr>
<td></td>
<td></td>
<td>A chance to meet together with cake.</td>
<td></td>
</tr>
</tbody>
</table>

Bus route: 18, 27A, 41 X14, X18, X19, X68

It gets me out the house and is fun
Social Group
Cheylesmore Social Club
Quinton Park
Cheylesmore
CV3 5PZ
Tel 02476 501 275 or 02476 503674
Email john.costello@btconnect.com

Bingo | Sunday | 1.00pm & 9.00pm | ££
      | Monday | 1.30pm        |
      | Wednesday | 8.45pm    |
      | Friday  | 8.30pm        |

Bus route: 2, 3 & 44

Gets me out of the house to socialise
Various Groups
Quinton Park Baptist Church

Quinton Park
Cheylesmore
CV3 5LS
Tel 02476 502 376
Email churchfice@quintonnparkbaptistchurch.org.uk

<table>
<thead>
<tr>
<th>Activity</th>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Zumba Over 60s</td>
<td>Monday</td>
<td>10.30am-11.20am</td>
<td>££</td>
</tr>
<tr>
<td>Kimberley Bowen 07980 311182</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pilates for Beginners</td>
<td>Monday</td>
<td>6.00pm-7.00pm</td>
<td>££</td>
</tr>
<tr>
<td>Linda Galvin 07790 942336</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Open Doors</td>
<td>Monday (except bank hols)</td>
<td>2.00pm-4.00pm</td>
<td>No Cost</td>
</tr>
</tbody>
</table>

Bus route: 2, 3 & 44

Gets me out of the house to socialise
### Various Groups
Quinton Park Baptist Church

Quinton Park  
Cheylesmore  
CV3 5LS  
Tel 02476 502 376  
Email churchfice@quintonparkbaptistchurch.org.uk

<table>
<thead>
<tr>
<th>Event</th>
<th>Date/Times</th>
<th>Charge</th>
</tr>
</thead>
<tbody>
<tr>
<td>Still Waters Listening Service</td>
<td>Tuesday &amp; Thursday 9.30am-12.00pm</td>
<td>No cost</td>
</tr>
<tr>
<td>Drop-in confidential service. Free tea/coffee. The trained listeners are approachable and non-judgmental.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ladies Circle</td>
<td>Every 2nd Wednesday 7.30pm</td>
<td>£</td>
</tr>
<tr>
<td>Room 7 next to the Main Hall.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cheylesmore Good Neighbours</td>
<td>Every 2nd Friday 2.00pm-4.00pm</td>
<td>£</td>
</tr>
<tr>
<td>Large group with speakers. Each session followed by tea and chat. Contact Frances Fielding <a href="mailto:fmfielding@hotmail.com">fmfielding@hotmail.com</a> 07787 597 467</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Bus route:** 2, 3 & 44  
**Gets me out of the house to socialise**
Various Groups
Coventry Sewing Centre

5 Central Buildings
Warwick Road
CV3 6AJ
Tel 02476 222 134
Email sales@covsew.co.uk

<table>
<thead>
<tr>
<th>Class Type</th>
<th>Day</th>
<th>Times</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Patchwork and Quilting</td>
<td>Monday</td>
<td>7.00pm-9.00pm</td>
<td>££££</td>
</tr>
<tr>
<td>Quilting Classes</td>
<td>Thursday</td>
<td>1.00pm-3.00pm</td>
<td></td>
</tr>
<tr>
<td>Dressmaking Classes</td>
<td>Wednesday</td>
<td>7.00pm-9.00pm</td>
<td>££££</td>
</tr>
</tbody>
</table>

Various sewing, dress makings, heirloom basic and advanced, patchwork and quilting classes.

Bus route: 8, 9, 9A, 85, 585, 585A, 585B

Gets me out of the house to socialise and learn new skills.
## Various Groups
West Orchard United Reform Church

Baginton Road  
Styvechale  
CV3 6FP  
Tel 02476 419 927  
Email westorchardurc@yahoo.co.uk

<table>
<thead>
<tr>
<th>Event</th>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coffee Morning</td>
<td>Tuesday</td>
<td>10.00am-11.30am</td>
<td>£</td>
</tr>
<tr>
<td>Sing your heart out</td>
<td>3rd and 4th Tuesday</td>
<td>2.00pm-3.00pm</td>
<td>No Cost</td>
</tr>
<tr>
<td>Social Club</td>
<td>2nd and 4th Wednesday</td>
<td>2.00pm-4.00pm</td>
<td>£</td>
</tr>
<tr>
<td>Midweek Walk</td>
<td>3rd Wednesday</td>
<td>9.30am-10.00am</td>
<td>No cost</td>
</tr>
<tr>
<td>Age UK Coventry Styvechale &amp; Fenside Friendship Group</td>
<td>Every 2nd Wednesday</td>
<td>10.00am-12.00pm</td>
<td>£</td>
</tr>
</tbody>
</table>

Bus route: 3 & 44
**Various Groups**
West Orchard United Reform Church

Baginton Road  
Styvechale  
CV3 6FP  
Tel 02476 419 927  
Email westorchardurc@yahoo.co.uk

<table>
<thead>
<tr>
<th>Event</th>
<th>Day</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lunch Club</td>
<td>Thursday</td>
<td>12.00pm-1.30pm</td>
<td>£</td>
</tr>
</tbody>
</table>

There can be a waiting list for this club so please call the church prior to attending.

<table>
<thead>
<tr>
<th>Event</th>
<th>Day</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age UK Coventry Gentle Exercise</td>
<td>Friday</td>
<td>9.30am-10.30am</td>
<td>£</td>
</tr>
<tr>
<td>Tea Dance</td>
<td>Friday</td>
<td>2.00pm-4.00pm</td>
<td>£</td>
</tr>
</tbody>
</table>

Includes Ballroom, Latin and Sequence dancing. Dancers and non-dancers.

Bus route: 3 & 44
Over 60s exercise class | Tuesday | 10.30am-12.00pm | ££

A limited movement group. All ages and levels of mobility welcome. Just turn up before.

Bus route: 12X, 18A, 87, U1, U17, X17
Physical Activity
Eric Innott House

The Visitors Centre
Kenilworth road
CV3 6PT Tel: 02476 786 280  Mob 0785630238
Email: ann.akerman@coventry.org.uk

<table>
<thead>
<tr>
<th>Activity</th>
<th>Day</th>
<th>Time</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hatha Yoga for over 50’s</td>
<td>Tuesday</td>
<td>6.00pm-7.00pm</td>
<td>£</td>
</tr>
<tr>
<td>- beginners</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hatha Yoga for over 50’s</td>
<td>Monday &amp; Thursday</td>
<td>6.00pm-7.00pm</td>
<td>£</td>
</tr>
<tr>
<td>- advanced</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

You do not have to be residents of Eric Innott House to attend. Get fit and meet new people. Mats provided (unless you want to bring your own).

Bus route: 12X, 18A, 87, U1, U17, X17