Activity Guide for clubs and groups for over 50s in Coventry CV4 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
Have you ever thought of joining a group at a friendly and welcoming church? Coffee morning at Limbrick Wood Baptist Church is probably the most relaxing group I’ve ever known. There are no particular members, yet a large number of people come by every week on Wednesday. They walk in, drink a cup of coffee, have a chat and leave as they want, anytime between 9am and 12pm. There are older people from the nursing home nearby along with their carers, and also cheerful children during holidays. There are local neighbours and also people who live far from the church. There are faithful believers and also others who just come by and occasionally listen to their stories.
It’s like a perfect ‘mix’. “You can always meet loads of strangers here”, said Eric, 85, who has been going to this church for 50 years. “I look forward to it. I enjoy really knowing people instead of just making acquaintances”, “I have made lots of friends. Everybody is so kind and helpful.” He is quite comfortable among these people. Everyone is relaxed and ready to help and support one another. It is true that most of the people who come here spend a lot of time on their own, and Coffee Morning has therefore become a valuable chance for them to talk to each other, share their life stories, help each other by sharing experiences, and also reach out for help when it’s needed.

“They’ve got to know people better”, said Pamela who currently runs the club: “You could meet people you wouldn’t have met otherwise. And sometimes they tell me everything about their lives.” For the 3 years since Coffee Morning has been organised here, Pamela has enjoyed helping people, and likes to see everyone really enjoying their time here.

Why not try coming along? Just come along on a Wednesday morning, and you will surely be welcomed by love, warmth, and of course, a nice cup of coffee.
Friendship Group
St. James C Of E Church
Tile Hill Lane
Tile Hill
CV4 9DP
Tel: 02476 466 262
Email: admin@stjamesfletch.org.uk

Open Doors Over 50s Club
Mondays 2.00-3.30pm Free

Join for a nice chat, cake, tea and some exciting activities such as crafting, puzzles and quizzes, visiting speakers and going on outings! Just turn up during term time. Includes prayer of blessing.

Bus route: 6, 6A, 48

Helps me get out the house and meet friends. It’s a very mixed group which is nice. Communication & friendship is a great asset here. We enjoy one another’s company.
Friendship Group

Tile Hill Health Centre
Jardine Crescent
Coventry
CV4 9PN
Tel: 02476 472 672
Email: crccg.tilehillsurgery@nhs.net

<table>
<thead>
<tr>
<th>Over 65s Social Group</th>
<th>Mondays</th>
<th>9am-4pm</th>
<th>Varies</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exercise sessions and invited speakers on a variety of subjects. Bring your own lunch but light refreshments are provided. Meet new people and make friends—referral form available on request. Have to match criteria through GP referral. Members must be over 65 with a GP &amp; live in the Tile Hill area. Charges apply—Price unknown as it depends on what is happening on the day/the speaker.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Bus route: 6, 6A, 42, 43, 43A, 43S, 58, 58A

Helps me get out the house and meet friends. It’s a very mixed group which is nice. Communication & friendship is a great asset here. We enjoy one another’s.
Friendship Group
Canley Community Church
Charter Avenue
Canley Avenue
CV4 8DA
Tel: 02476 474725

Card club – craft group
Daytimers
Lunch
Tuesday & Friday
Thursday
Wednesday
1.00pm
9.30am
11.00am (1st & 3rd)
12.15pm (alternate)
£5

Daytimers (call David on 01926 863529) - An activity group for adults who might be searching for some company, are unemployed or retired, board games, friendly chat and more. There is also a midweek two course lunch on alternate Wednesdays from 12.15pm. Charges apply (priced menu).

Quote from group member—There are about 30 of us. We sing hymns and read the bible.

Bus route: 18, 18A, 43, 43A, 43S, 43W, 48, 49
## Various Groups

**St Oswald’s Church**  
93 Jardine Crescent  
Tile Hill  
CV4 9PL  
Tel: 07512924401 Dawn Easthope  
Email stoswaldtilehill@gmail.com

<table>
<thead>
<tr>
<th>Group Name</th>
<th>Day</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Knitting group</td>
<td>Monday</td>
<td>2.00pm-3.30pm</td>
<td>£</td>
</tr>
<tr>
<td>Knitting items directly given to local charities, or sold in order to provide cash donations. To also help members learn to knit or crochet or simply provide a friendly, social opportunity for non-knitters.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Shine Mental Health Self-Help Group</td>
<td>Thursday</td>
<td>11.00am-1.00pm</td>
<td>£</td>
</tr>
</tbody>
</table>

### Bus route: 6, 6A, 42, 43, 43A, 43S, 58, 58A.

A great place to meet people in the same situation.
Physical Activity

Café Crescent
Jardine Crescent
Tile Hill
CV4 9PQ
Tel: 02476 474371—Strollers
Email: tharvey1945@live.co.uk

<table>
<thead>
<tr>
<th>Tile Hill Strollers</th>
<th>Tuesday</th>
<th>10.15am</th>
<th>10.30am start</th>
</tr>
</thead>
</table>

Local group who walk mostly in the Tile Hill area. All abilities can take part. Meet outside Café Crescent.

Bus route: 4, 6, 6A, 43, 43S, 58, 58A

Quote from group member: Excellent food—top notch.
Various Groups
Xcel Leisure Centre
Mitchell Avenue
Canley CV4 8DY
Tel; 02476 856 956
Email; xlcreception@covsf.com

Canley Walk | Tuesday | 10.15am-10.30am | ££
Get fit with gentle exercise and potentially meet new friends. Meet at the Xcel Leisure Centre café.

Touch Tennis Sessions for over 55s | Tuesday | 11.00am-12.00pm | ££

Silver Lining Singing Group | Wednesday | 7.15pm-9.30pm | ££
Silver Lining Singing Group free for 2 weeks—full membership £15 per month.

Bus route: 19, 43, 43A, 43S, 43W, 87, U1

“Singing with Silver Lining has made such a difference to my life, the friendship and the feeling of belonging to something special is brilliant!”
Friendship Group
Westwood Church
45 Westwood Heath Road
Westwood Heath, CV4 8GN
Tel; 02476 695026
Email; office@westwoodchurch.co.uk

<table>
<thead>
<tr>
<th>High Mileage</th>
<th>1st Monday</th>
<th>10.00am-11.00am</th>
<th>££</th>
</tr>
</thead>
<tbody>
<tr>
<td>Time Out</td>
<td>3rd Tuesday</td>
<td></td>
<td>£££</td>
</tr>
</tbody>
</table>

A group of those who are retired or at home during the day & meet together socially once a month. All are welcome to join. Charges are various as they are based on trips out - no subscription fees apply.

Bus route: 87

Gets me out of the house to have fun and meet new people.
Various Groups

Tile Hill Library
Jardine Crescent
Tile Hill
CV4 9PL
Tel 02476 786785
Email tilehill.library@coventry.gov.uk

<table>
<thead>
<tr>
<th>Activity</th>
<th>Days</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Help with Computers</td>
<td>Monday and Friday</td>
<td>2.00pm-3.00pm</td>
<td>No Cost</td>
</tr>
<tr>
<td>Places of Welcome</td>
<td>Tuesday</td>
<td>9.00am-10.00am</td>
<td>No Cost</td>
</tr>
<tr>
<td>Coffee Morning</td>
<td>Tuesday</td>
<td>10.00am-12.00pm</td>
<td>No Cost</td>
</tr>
<tr>
<td>Nimble Needles</td>
<td>Tuesday</td>
<td>11.00am-12.30pm</td>
<td>No Cost</td>
</tr>
</tbody>
</table>

Bus route: 23S, 6, 6A, 58, 58A

Regular people every week who like to get out.

Bus route: 23S, 6, 6A, 58, 58A

Regular people every week who like to get out.
Various Groups
Tile Hill Library
Jardine Crescent
Tile Hill
CV4 9PL
Tel 02476 786785
Email tilehill.library@coventry.gov.uk

<table>
<thead>
<tr>
<th>Readers Group</th>
<th>2nd Thursday of every month</th>
<th>11.00am-12.30pm</th>
<th>No Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Crafty Folks</td>
<td>Thursday</td>
<td>2.00pm-4.00pm</td>
<td>No Cost</td>
</tr>
</tbody>
</table>

Bus route: 23S, 6, 6A, 58, 58A

Gets me out of the house to have fun and meet new people.
### Various Groups

**Canley Library**  
Prior Deram Walk  
Canley, CV4 8FT  
Tel 02476 786963  
Email canley.library@coventry.gov.uk

<table>
<thead>
<tr>
<th>Event</th>
<th>Frequency</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Nifty Needles Knitting Class</strong></td>
<td>Every 2nd Monday</td>
<td>1.30pm-3.30pm</td>
<td>No Cost</td>
</tr>
<tr>
<td><strong>Help with Computers</strong></td>
<td>Tuesday</td>
<td>11.00am-12.00pm</td>
<td>No Cost</td>
</tr>
<tr>
<td></td>
<td></td>
<td>(term time only)</td>
<td></td>
</tr>
<tr>
<td><strong>Readers Group</strong></td>
<td>1st Thursday of every month</td>
<td>2.00pm-3.00pm</td>
<td>No Cost</td>
</tr>
<tr>
<td><strong>Coffee Morning</strong></td>
<td>Last Friday of every month</td>
<td>9.00am-11.30am</td>
<td>No Cost</td>
</tr>
</tbody>
</table>

**Bus route: 18, 18A**

*Its all abut socialising time to get out of the house*

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**Map and Photos**

- Map of Canley Library and surrounding area.
- Photos of people engaged in various activities at the library.
Over 50s Club
Edwin Rogers House
Wendinburgh Street
Canley, CV4 8HA
Tel 02476 467758
Email info@whitefriarhousing.co.uk

<table>
<thead>
<tr>
<th>Over 50s Club</th>
<th>Tuesday</th>
<th>2.00pm-4.00pm</th>
<th>£</th>
</tr>
</thead>
</table>

Come along to a friendly welcome, meet new friends in Canley. Relax with a cuppa, chat join in and if you want to you can run a group game or event.

Bus route: 18, 18A
Various
Limbrick Wood Baptist Church
Jardine Crescent/Faseman Avenue
Tile Hill
CV4 9QS
Tel: 02476 429 805

<table>
<thead>
<tr>
<th>Event</th>
<th>Day</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coffee Morning</td>
<td>Wednesday</td>
<td>9.00am</td>
<td>No Cost</td>
</tr>
<tr>
<td>Age UK (Limbrick Wood Friendship Group)</td>
<td>Friday</td>
<td>10.30am-12.30pm</td>
<td>££</td>
</tr>
</tbody>
</table>

Every Wednesday the Church is open for a free cuppa, friendly chat with a biscuit, toast or even some other delicious treats that have been donated.

Each meeting begins with refreshments and informal chat, followed by entertainment and finishing with further refreshments.

The entertainment has been varied to try to meet all tastes and has included various singing groups, talks, a quiz and puzzle morning, visits from charity groups, sing-a-longs, sharing times and simple meals together.

Bus route: 6A, 43, 43A, 43S, 43W
Various Limbrick Wood Baptist Church
Jardine Crescent/Faseman Avenue
Tile Hill
CV4 9QS
Tel: 02476 429 805

<table>
<thead>
<tr>
<th>Cinema Club</th>
<th>1st Saturday of every month</th>
<th>10.30am (arrive 10.15am)</th>
<th>No Cost</th>
</tr>
</thead>
</table>

It is free to attend – open to any ages, if you would like some popcorn and pop there is a suggested 50p donation. FREE tea and coffee during the interval for adults.

Bus route: 6A, 43, 43A, 43S, 43W
Various
St Joseph the Worker
1 De montfort Way
Cannon Park
CV4 7DU
Tel: 02476 419111

Memory Cafe | 2nd & 4th Monday | 11.00am-12.30pm | £

To offer friendship and support to people with memory problems, particularly those with memory problems. Coffee, cake and music and songs. This café is run by Westwood Church, please contact 02476 675026 or email office@westwoodchurch.co.uk

Bus route: 18A, 43, 43S, 47, 60, 60A, 87, 89, U1, U2
### Physical Activity

**AGE UK**

**Tel 02476 674397**  
**Email friendship@ageukcoventry.org.uk**

<table>
<thead>
<tr>
<th>Activity Description</th>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Our Lady of Assumption (EXTEND exercise), Tile Hill Lane, Tile Hill, CV4 9TA</td>
<td>Thursday</td>
<td>2.00pm – 3.00pm</td>
<td>£££</td>
</tr>
<tr>
<td>14.00 – 14.45 Simply Gym (Simply start – gentle exercise), Cannon Park, CV4 7EH</td>
<td>Friday</td>
<td>2.00pm – 2.45pm</td>
<td>£££</td>
</tr>
<tr>
<td>Simply Gym (Zumba), Cannon Park, CV4 7EH</td>
<td>Tuesday</td>
<td>7.30pm – 8.30pm</td>
<td>£££</td>
</tr>
</tbody>
</table>

Whatever your current level of mobility, fitness or health we have a suitable activity to help you keep 'Fit as a Fiddle'. The cost of each session varies between £1.50 - £4.50.
## Physical Activity

**AGE UK**

Tel 02476 674397  
Email friendship@ageukcoventry.org.uk

<table>
<thead>
<tr>
<th>Activity</th>
<th>Location</th>
<th>Day</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Walking Football, Xcel Leisure Centre, Mitchell Avenue, Coventry, CV4 8DY</td>
<td>Tuesday</td>
<td>11.00 – 12.00</td>
<td>£££</td>
<td></td>
</tr>
<tr>
<td>Tanyard Farm, (Gentle exercise), Tanyard Close, Tile Hill, CV4 9TS</td>
<td>Tuesday</td>
<td>2.00pm – 3.00pm</td>
<td>£££</td>
<td></td>
</tr>
<tr>
<td>Simply Gym (Zumba), Cannon Park, CV4 7EH</td>
<td>Tuesday</td>
<td>7.30pm – 8.30pm</td>
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