



REDCAR and EAST CLEVELAND - WHAT'S ON

If your activity would like to be included on the What's On Redcar and East Cleveland please call Lorraine Bateman 01642 989198 email Lorraine@linkct.org.uk

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SAT + SUNDAY |
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| <p>The Link Charitable Trust Allotment Various days 23 Redcar Racecourses Tel: Simon The Link 01642 989198</p> <p>Loftus</p> <p>Loftus Library Monday Afternoons</p> <p>Job Club Tel: 07775411471 Will need to book, limited spaces</p> <p>Hope Church East Cleveland Brunch & Grocery 9.30-11am The Old Co-op Building High Street, Loftus, TS13 4HW</p> <p>Brotton</p> <p>Wellbeing Walk Level 2/3, 10 am (Arrive 5 - 10 Minutes Early) Various Locations. Contact Gary Wilson</p> | <p>MFC Foundation 11am-1pm Kitchen Therapy once a fortnight various start dates. For more information contact Gary Walton on 01287 640079 or email gary.walton@mfcfoundation.co.uk</p> <p>Loftus</p> <p>TEA DANCE £1.00 Loftus Town Hall 2-4pm 1st Tuesday of the month</p> <p>Luke Senior Hall Knit and Natter 1-3pm</p> <p>Hope Church East Cleveland Community Café & Grocery 10-1pm Toddlers Stay and Play 1.30-3pm The Old Co-op Building High Street, Loftus, TS13 4HW</p> <p>Skinningrove</p> | <p>MFC Foundation 9.30am-10.30am COUCH TO 5K Different locations For more information contact Gary Walton on 01287 640079 Or email gary.walton@mfcfoundation.co.uk</p> <p>Easington</p> <p>ADULT TAP CLASS Wed 7pm-8.30pm Easington Village Hall Grinkle Lane 01287 642348</p> <p>Loftus</p> <p>BABY AND TODDLER GROUP Hope 4 East Cleveland Church Wednesday 1.30pm-3pm Loftus Youth & Community Centre and Methodist Church £1 per week</p> | <p>MFC Foundation 9.30am-10.30am Boxercise For more information contact Gary Walton on 01287 640079 Or email gary.walton@mfcfoundation.co.uk</p> <p>Loftus</p> <p>Hope Church East Cleveland Toddlers Stay and Play 10am-12pm Community Café & Grocery 12.30-2pm Toddlers @ St Joesphs School 1-2.30pm Games Zone (parent to stay) 3.15-4.45pm Blaze Drop in (school year 9+) 5-7pm £1 Young Adults 7-9pm (first & third in month) £2 Prayer Meeting 7-9pm (second in month) I Am Women's group 7-9pm (fourth in month) £2</p> | <p>Loftus</p> <p>Hope Church East Cleveland Coffee Morning 10-11.30am Blaze Youth Group (5-9s) 6-7pm £1 Ignite & Blaze Youth Group (10+) 7.30-9pm £1</p> <p>Wellbeing Walks WALK LEVEL 3 1:15pm (arrive 5-10 mins early) LOFTUS TOWN HALL Gary.wilson@redcar-cleveland.gov.uk 07813352117</p> <p>Wellbeing Walks Start time: 1.15pm Start location: Loftus Leisure Centre Walk Duration: 30 minutes Notes: Bookings required for this walk as walk only goes ahead with conformed bookings. More info: contact gary.wilson@redcar-cleveland.gov.uk or 07813352117</p> | <p>Loftus</p> <p>Hope Church East Cleveland Saturday-Kid Praise 4-6pm (first in month) Saturday-Café Worship 6-8pm (third in month)</p> <p>Saturday MFC Foundation 9.30am-10.30am Roarys Academy, Loftus Cricket Club, Boys and Girls Aged 4-6 years £2.00</p> <p>Brotton</p> <p>MARSHALL DRIVE PARK RUN, Brotton Saturday 9am Free register on www.parkrun.org.uk/register/form/ contact www.parkrun.org.uk/mars-halldrive/</p> <p>East Cleveland Arts -East Cleveland Hearts runs every Saturday, from</p> |
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| <p>Gary.wilson@redcar-cleveland.gov.uk 07813352117</p> <p>Yellow Zebra's Sewing Group 1 pm - 3pm £3 East Cleveland Arts Hutchinson Street Brotton TS12 2PD 07399 050645</p> <p>East Cleveland Community Choir 7pm - 8:30pm. £5 per session. Hutchinson Street Brotton TS12 2PD 07399 050645. Drinks provided.</p> <p>East Cleveland Arts Digital Skills Club Hutchinson St, Brotton, TS12 2PD Tel: 07399 050645 Monday 10am - 4pm £2 (voluntary donation) per session. Tea and coffee provided.</p> <p>Brotton Village Hall 6-8:30pm Over 60's group Just turn up</p> <p>Skelton</p> <p>Skelton Civic Hall Coffee Morning 9:00-11am</p> | <p>MFC Foundation 1-3pm Knit and Natter Skinningrove Village Hall Tel: 01287 640079 Gary Walton</p> <p>Brotton</p> <p>Brotton Village Hall 6-7:30pm Tea Dance Every 2nd week</p> <p>Boosbeck</p> <p>Whippet Up CREATIVITY AND WELLBEING 12-3pm. BOOSBECK Village Hall info@whippetup.org.uk Jane 07771873057</p> <p>Liverton Village</p> <p>Wellbeing Walks Start time: 10.30am Start location: Liverton Village Walk Duration: 60-90 minutes When: walks take place 1st Tuesday of the month.</p> | <p>hope4eastcleveland@gmail.com</p> <p>WONDERFUL WEDNESDAYS over 50s group 12.30 - 3.00pm Loftus Social Club, West Road Loftus TS13 4RG, 01287644345 please book</p> <p>Grace Community Church Loftus Mental Health Support Group, Just Turn Up 1-2:30pm</p> <p>MFC Foundation 6.00pm-7.00pm WALKING FOOTBALL Loftus Cricket club For more information contact Gary Walton on 01287 640079 Or email gary.walton@mfcfoundation.co.uk</p> <p>Carlin How</p> <p>COFFEE MORNING St Helens Church</p> | <p>The Old Co-op Building, High Street Loftus hope4eastcleveland@gmail.com</p> <p>Brotton</p> <p>East Cleveland Arts Digital Skills Club Hutchinson St, Brotton TS12 2PD Tel: 07399 050645 Thursday 10am - 4pm £2 (voluntary donation) per session. Tea and coffee provided</p> <p>East Cleveland Arts Game Development Club runs every Thursday, from 4pm 'til 6:30pm. £2 per session. We are currently looking for someone to host this group, if you have what it takes, call in and see us all materials are provided there is tea/coffee on. All materials are provided and there is tea and coffee on tap.</p> <p>Lingdale</p> | <p>READING CLUB Loftus Library, Hall Grounds 2pm Claire.Broadbent@redcar-cleveland.gov.uk call 01287</p> <p>MFC Foundation 1.15pm-3.00pm FIT Boro Loftus Leisure Centre For more information contact Gary Walton on 01287 640079 Or email gary.walton@mfcfoundation.co.uk</p> <p>Brotton</p> <p>East Cleveland Arts Camera Club runs every first and third Friday, from 7pm 'til 9pm. £5 per session. All materials are provided and there is tea and coffee on tap. https://www.eastclevelandarts.org.uk/</p> <p>East Cleveland Arts Collective runs every</p> | <p>10am 'til 2pm. £2 per session. East Cleveland Hearts is a weekly podcast that keeps you up to date with the news and events in and around East Cleveland. All materials are provided and there is tea and coffee on tap.</p> <p>Boosbeck</p> <p>BINGO - BOOSBECK village hall 2pm</p> <p>Saltburn</p> <p>Saltburn Beachwatch Quarterly litter picks Saltburn beach. Roy Smith, roye.smith47@yahoo.co.uk</p> <p>Marske</p> <p>MAKE DO AND MEND at Centre Square, Marske 01642 494407 css.redcar@gmail.com</p> |
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| <p>Just turn up</p> <p>Senses Wellbeing Centre Skelton (www.senseswellbeingcentre.co.uk)</p> <p>SEN We will Rock You Drumming fitness term time only. Carer/parent to be present and attend. FREE 5 - 5.45pm booking required Skelton Industrial Estate. https://bookwhen.com/senseswellbeingcentrecic</p> <p>T'ai Chi Ch'uan Taoist Yoga 7-8.30pm Skelton Civic Centre Gordon 07917 444598 winstongordon@yahoo.co.uk</p> <p>Marske</p> <p>Age UK Teesside WALKS 10am Start Cooplands, MARSKE. Please contact us to book a place TEL: Debbie Wilson 07718125013</p> <p>Wellbeing Walks Start time: 10.30am</p> | <p>More info: contact gary.wilson@redcar-cleveland.gov.uk or 07813352117</p> <p>Skelton</p> <p>Yoga class The North Skelton pub, Tuesdays 6-7pm £5</p> <p>Guisborough</p> <p>Wellbeing Walks Level ⅓ GUISBOROUGH 10:30am (arrive 5-10 mins early) Various Locations Contact Gary Wilson Gary.wilson@redcar-cleveland.gov.uk 07813352117</p> <p>Coffee Morning Guisborough Bridge Guisborough Methodist Church Jackie KIELTY http://www.guisborough-bridge.org.uk/</p> <p>Salvation Army 9:30-11am Parent and Toddler group New-born to school age Cost £1 for under one and £2 for over. TEL: 01287 636192</p> | <p>Carlin How 10.30am</p> <p>Brotton</p> <p>The Link Charitable Trust CRAFT & CHAT 1-3:30pm at Brotton Village Hall, Laburnum Road, TS12 2S. For more information contact us on office@linkct.org.uk or 01642 98919.</p> <p>The Link Charitable Trust Kids Art and Craft 4.00 - 5.30pm BROTTON Village Hall, Laburnum Road, TS12 2S.</p> <p>St Margaret's Church Brotton 10-11:30am Coffee Morning, Just Turn Up.</p> <p>East Cleveland Arts Every Wednesday 10am-2pm. £5 per session. The Art Group has been established since East Cleveland Arts began and has become a group for</p> | <p>MFC Foundation 5.30pm-6.30pm Boxercise Lingdale Village Hall £2.00 For more information contact Gary Walton on 01287 640079 Or email gary.walton@mfcfoundation.co.uk</p> <p>Skelton</p> <p>Wellbeing Walk LEVEL ⅓ 10:30am Hillside Practice (arrive 5-10 mins early) Gary.wilson@redcar-cleveland.gov.uk 07813352117</p> <p>Senses Wellbeing Centre Skelton (www.senseswellbeingcentre.co.uk)</p> <p>FAMILY SEN -LET IT GLOW free 5.00pm -5.45pm STEP & TONE 6.00pm - 6.30pm ZUMBA FITNESS 6.45pm-7.35pm £4 Senses Wellbeing Centre Skelton Ind Estate. booking</p> | <p>second and fourth Friday, from 7pm 'til 9pm. £5 per session. The East Cleveland Arts Collective is for artists who want to explore more about the art they create. All materials are provided and there is tea and coffee on tap.</p> <p>Skelton</p> <p>Senses Wellbeing Centre Skelton (www.senseswellbeingcentre.co.uk) Dementia Friendly Social Afternoon 12:30pm – 2:45pm £3.50 for lunch. We need final numbers by Thursday lunchtime if you would like a lunch the next day. Please note you can go at 1.30pm after lunch and the rest of the session is free. Payment is only for lunch. Skelton Industrial Estate. https://bookwhen.com/senseswellbeingcentrecic</p> | <p>Redcar</p> <p>Community Stepping Stones CIC WEEKEND WORKSHOPS such as: RING MAKING SEA GLASS JEWELLERY LINO PRINTING 5 Farndale Square Redcar, TS10 5HE</p> |

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| <p>Start location: Marske Town Square Walk Duration: 60-90 minutes More info: contact gary.wilson@redcar-cleveland.gov.uk or 07813352117</p> <p>Age UK Teesside MARSKE COFFEE & CHAT: The White House (opposite the hardware shop on the zebra crossing) Every Monday 11:00am– 12:00pm</p> <p>Age UK Teesside ITS JUST NOT CRICKET: Social group Marske Cricket Club, Windy Hill Lane, TS11 7HB Every Monday from 2pm –4 pm</p> <p>Guisborough</p> <p>Salvation Army Tea, Coffee and Bacon Buns, Westgate Guisborough 9:30–12:00 Cost £1.30 TEL: 01287 636192 Fiona Mugford</p> <p>The Bridge Coffee Morning</p> | <p>Fiona Mugford</p> <p>Salvation Army Golden Years Group (60+) 14:00-15:00pm Cost £2.00 Guest Speaks and three trips a year TEL: 01287 636192 Fiona Mugford</p> <p>Foodstop foodbank referrals only Guisborough Bridge Guisborough Methodist Jackie Kielty http://www.guisborough-bridge.org.uk/</p> <p>Guisborough Library 9:30-10:30am Rhyme Time Toddler group. Just turn up</p> <p>Age UK Teesside Digital drop-in sessions at Guisborough Library, 90 Westgate, Guisborough, TS14 6AP. Join us for a new digital drop-in session each Tuesday from 10:30am – 12 noon</p> | <p>people to get together, meet, talk, and create amazing works of art. All materials are provided and there is tea and coffee on tap.</p> <p>Skelton</p> <p>Senses Wellbeing Centre Skelton (www.senseswellbeingcentre.co.uk) STEP £3.50 9.30 - 10am https://bookwhen.com/senseswellbeingcentre</p> <p>Senses Wellbeing Centre Skelton (www.senseswellbeingcentre.co.uk) 50+ & FABULOUS £4 10.10-10.55am https://bookwhen.com/senseswellbeingcentre</p> <p>Senses Wellbeing Centre Skelton (www.senseswellbeingcentre.co.uk) Seated Chair Fitness</p> | <p>required: https://bookwhen.com/senseswellbeingcentre</p> <p>MFC Foundation 2.00pm-3.00pm Train Our Minds Crossfit, Skelton Industrial Estate For more information contact Gary Walton on 01287 640079 Or email gary.walton@mfcfoundation.co.uk</p> <p>Guisborough</p> <p>SOUP AND ROLL Guisborough Bridge Guisborough Methodist Church Jackie Kielty http://www.guisborough-bridge.org.uk</p> <p>FOODSTOP foodbank referrals only Guisborough Bridge Guisborough Methodist Church Jackie Kielty http://www.guisborough-bridge.org.uk/</p> | <p>Senses Wellbeing Centre Skelton (www.senseswellbeingcentre.co.uk)</p> <p>ZUMBA GOLD £4 9.30 10.15am Senses Wellbeing Centre Skelton Ind Estate. booking required. https://bookwhen.com/senseswellbeingcentre Karen Winspear 07794 571933</p> <p>MFC Foundation 11.00am-12.00pm Walking Football Skelton De Brus Centre For more information contact Gary Walton on 01287 640079 Or email gary.walton@mfcfoundation.co.uk</p> <p>Guisborough</p> <p>BRIDGE 2 YOUTH 11 -18 year olds Evangelical Church Guisborough</p> | |
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| <p>9-11:30am Sunnyfield House, Guisborough http://www.guisborough-bridge.org.uk/</p> <p>Redcar</p> <p>Community Stepping Stones CIC Knit and Knatter 10-3pm drop-in – Free. 5 Farndale Square Redcar, TS10 5HE 01642 494407 css.redcar@gmail.com</p> <p>Friends of Redcar Cemetery 10-12pm Craft Workshop Laburnum Library Tel: Dot Ahmed 01642 478349 Email: dotahmed@btinternet.com Facebook: friends of Redcar Cemetery</p> <p>Whippet Up Mighty Mondays Art, Creativity and Wellbeing 11am to 3pm every Monday at Kirkleatham Museum, Bellamy Pavilion. No need to book a space. People are invited</p> | <p>New Marske</p> <p>New Marske Institute 7:30pm Salsa Group Tel: 01642 484694</p> <p>Redcar</p> <p>The Link Charitable Trust Craft and Chat 12:30-3:30pm at The Palace Hub, Redcar, TS10 3AE. For more information contact us on office@linkct.org.uk or 01642 98919</p> <p>The Link Charitable Trust Kids Art and Craft 4.00 - 5.30pm The Palace Hub, Redcar, TS10 3AE.</p> <p>The Link Charitable Trust (Wellbeing Walk service) WOMENS WALK N TALK Long Walk – Tuesday 10:30am starting at The Palace Hub, Redcar, TS10 3AE For more information contact us on office@linkct.org.uk or 01642 989198</p> | <p>(dementia friendly and inclusive session) Free until mid-November with free refreshments and social time until 12.45pm https://bookwhen.com/sense-swellbeingcentrecic Senses Wellbeing Centre Skelton Ind Estate. booking required Karen Winspear 07794 571933</p> <p>T'AI CHI CH'UAN TAOIST YOGA 10-11.30am Skelton Activity Centre (Bowls Club)</p> <p>MFC Foundation 5.30pm-7.00pm FIT Boro (Male/Female separate classes) Skelton Civic Hall For more information contact Gary Walton on 01287 640079 Or email gary.walton@mfcfoundation.co.uk</p> <p>MFC Foundation 7.00pm-8.00pm</p> | <p>Saltburn</p> <p>Whippet Up MAKERS CREATIVITY & WELLBEING Community Hall 1 till 4pm, Run in partnership with saltburn Community & Arts Jane 07771873057 info@whippetup.org.uk</p> <p>Redcar</p> <p>The Link Charitable Trust Pain: Coffee & Catch Up Following the completion of our first 6 week Positive Coping with Pain course we will be holding a monthly Coffee & Catch Up session. Join us on the last Thursday of every month 12:30-2:30pm For more information contact us on office@linkct.org.uk or 01642 989198.</p> <p>Community Stepping Stones CIC DINGBATS group 1 – 3pm</p> | <p>Jackie Kielty http://www.guisborough-bridge.org.uk/</p> <p>Redcar</p> <p>LINE DANCING 8.30 start -100pm - £2.00 Redcar development Trust Coatham Memorial Hall 7 Coatham Road, Redcar Cleveland, TS10 1RH 01642 483263</p> <p>REDCAR ADVENTURERS GUILD 6pm-9pm Redcar development Trust Coatham Memorial Hall 7 Coatham Road, Redcar Cleveland, TS10 1RH 01642 483263</p> <p>FAMILY YOGA 6.00pm LINE DANCING 7.30pm Zetland Park Methodist Church, Redcar</p> | |

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| <p>to bring a sandwich and stay with us over lunch time For more information email: at info@whippetup.org.uk</p> <p>Zetland Park Methodist Church Free Family Yoga 12:45pm http://www.zetlandparkmethodist.co.uk/</p> <p>Zetland Park Methodist Church Tees valley music 3:15pm http://www.zetlandparkmethodist.co.uk/</p> <p>Zetland Park Methodist Church Sea Cadets 6:30pm http://www.zetlandparkmethodist.co.uk/</p> <p>War Games Monday 7-10pm £2.00 11+years Contact Ian Widdowson 07972 404866 Redcar development Trust Coatham Memorial Hall 7 Coatham Road, Redcar Cleveland, TS10 1RH 01642 483263</p> <p>Free Craft Session Group 10-1pm Ages 16-24 Blooming Youth Collective The Palace Hub</p> | <p>The Link Charitable Trust Menopause Group (call for details) The Link CT The Palace Hub, Esplanade, 01642 989198 office@linkct.org.uk</p> <p>St Hilda's Church Redcar 10-1pm Café and social Drop In</p> <p>St Hilda's Church Redcar 1:30-3:30pm Craft Group Tel: Trish 01642 270366</p> <p>Redcar Athletic FC Over 50's Walking Footy. Every Tuesday 5:45pm. Just turn up</p> <p>Community Stepping Stones CIC KINSHIP CARERS/support group alternate Tuesdays SEWING ZOOM Evenings 5 Farndale Square Redcar, TS10 5HE 01642 494407 css.redcar@gmail.com</p> | <p>Train Our Minds Crossfit, Skelton Industrial Estate For more information contact Gary Walton on 01287 640079 Or email gary.walton@mfcfoundation.co.uk</p> <p style="text-align: center;">Saltburn</p> <p>Wellbeing Walks LEVEL 1/2/3 SALT BURN 10:30am(arrive 5-10 mins early) Station Square Contact Gary Wilson Gary.wilson@redcar-cleveland.gov.uk 07813352117</p> <p style="text-align: center;">Guisborough</p> <p>Age UK Teesside COFFEE AND CHAT Come and make new friends over a brew MORRISONS CAFÉ, GUIBOROUGH Every Wednesday from 10:30-11:30 Please contact DEBBIE WILSON 07718125013</p> | <p>5 Farndale Square Redcar, TS10 5HE 01642 494407 css.redcar@gmail.com</p> <p>Wellbeing Walks LEVEL 1/2 REDCAR 10:30am(arrive 5-10 mins early) Various locations Contact Gary Wilson Gary.wilson@redcar-cleveland.gov.uk 0781335211</p> <p>GAMES AND TECHNOLOGY NIGHTS TUNED IN, Majuba Road, REDCAR 11-18 years - 6-8pm - £2per session James.lilly@redcar-cleveland.gov.uk</p> <p>WOMENS GROUP 10.00am SEA CADETS 6.30PM Zetland Park Methodist Church, Redcar http://www.zetlandparkmethodist.co.uk/</p> | <p>http://www.zetlandparkmethodist.co.uk/</p> <p>FRIENDS OF LOCKE PARK Rose Gardens, Locke Park, REDCAR info@friendsoflockepark.org.uk</p> | |
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| <p>28-29 The Esplanade, Redcar, TS10 3AE</p> <p>St Hilda's Church YOGA 6-7pm St Hilda's Church, Redcar. G and J Fitness 01287 676644</p> | <p>LIGHT EXERCISE Tuesday 11am-12pm Redcar development Trust Coatham Memorial Hall 7 Coatham Road, Redcar Cleveland, TS10 1RH 01642 483263</p> <p>Wellbeing Walk LEVEL 1/2 10:30am(arrive 5-10 mins early) Redcar Various Locations Contact Gary Wilson Gary.wilson@redcar-cleveland.gov.uk 07813352117</p> <p>GIRLS GROUP TUNED IN, Majuba Road, REDCAR 11-18 years - 6-8pm - £1per session James.lilly@redcar-cleveland.gov.uk</p> <p>MANGA ART TUNED IN, Majuba Road, REDCAR 11-18years - 6-8pm - £1per session James.lilly@redcar-cleveland.gov.uk</p> <p>WOMEN'S GROUP 9.45am YOGA 7.00pm Zetland Park Methodist Church, Redcar www.zetlandparkmethodist.co.uk</p> <p>Friends or Redcar Cemetery</p> | <p>Debbie.wilson@ageukteeside.org.uk</p> <p>The Bridge 11-1pm Community Lunch Club Kemplah House Guisborough Just Turn Up Charge £8.00</p> <p>BRIDGE 2 PARENTS Guisborough Bridge Kemplah House, Guisborough for parents with children who have special needs to find support Jackie Kieilty http://www.guisborough-bridge.org.uk/</p> <p>Salvation Army Parent and Toddler group New-born to school age Cost £1 for under one and £2 for over. 09:30-11am TEL: 01287 636192 Fiona Mugford</p> <p>Guisborough Library Knit and Natter 10-12pm Just turn up</p> | <p>Normanby</p> <p>Wellbeing Walks Start time: 11:00am Start location: Poverina Inn Car Park Walk Duration: 60-90 minutes When: This walk takes place every fortnight More Info: gary.wilson@redcar-cleveland.gov.uk or 07813352117</p> | | |
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| | <p>10-12pm Gardening, Fundraising and Historical Walk Facebook: friends of Redcar Cemetery</p> <p>Zetland Methodist Church 9:45pm Women's Group http://www.zetlandparkmethodist.co.uk</p> <p>Zetland Methodist Church 7pm Yoga http://www.zetlandparkmethodist.co.uk</p> <p>Grangetown</p> <p>DEMENTIA SUPPORT GROUP 9.00 -1.00pm Grangetown Library Jade Lavan - Admiral Nurse 01642 573623 jade.lavan@dementiauk.org www.dementiauk.org</p> | <p>Redcar</p> <p>WOMENS GROUP 6.00pm Zetland Park Methodist Church, Redcar http://www.zetlandparkmethodist.co.uk/</p> <p>CREATIVE WRITING Every second Wednesday 7-9pm Redcar development Trust Coatham Memorial Hall 7 Coatham Road, Redcar Cleveland, TS10 1RH 01642 483263</p> <p>REDCAR AMATEUR PHOTOGRAPHIC SOCIETY Westmorland Community Centre, Redcar, TS10 1TD Tel 01642 771070 7pm Sept to April</p> <p>Community Stepping Stones KNIT N NATTER 10-3pm drop-in</p> | | | |

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|--------|---------|---|----------|--------|--------------|
| | | <p>Community Stepping Stones YARNOVER social evenings 8pm Community Stepping Stones CIC 5 Farndale Square Redcar, TS10 5HE 01642 494407 css.redcar@gmail.com</p> <p>The Link Charitable Trust Silver Link Social Club For ages 60+ Join our welcoming social club for the over 65s! Take part in bingo, chair yoga and other activities. This is a great opportunity to socialize, try new things and meet new people. Refreshments provided. Wednesday 1-3pm at The Palace Hub, Redcar, TS10 3AE For more information contact us on office@linkct.org.uk or 01642 989198.</p> <p>The Link Charitable Trust (Wellbeing Walks) WALK N TALK (SHORT)</p> | | | |

PLEASE CALL OR EMAIL THE ORGANISER BEFORE TRAVELLING TO THE ACTIVITY / GROUP AS TIMES/DAYS MAY CHANGE



REDCAR and EAST CLEVELAND - WHAT'S ON

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| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SAT + SUNDAY |
|--------|---------|--|----------|--------|--------------|
| | | <p>Short Walk – Wednesday 10:30am starting at The Palace Hub, Redcar, TS10 3AE. For more information contact us on office@linkct.org.uk or 01642 989198</p> <p>Age UK Teesside Chair Exercise Bi-weekly sessions Wednesdays 2pm to 3pm at Redcar & Cleveland Leisure and Community Heart. For those 65+. Tel: Debbie Wilson 07718125013</p> | | | |

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