



Charity no 1142414

COLCHESTER &
NORTH EAST ESSEX

What we do

People look for help, advice, friendship, and support for many different reasons. For local information, benefits advice, things to do or to make new friendships, we have an experienced and dedicated team to help you alongside the fun and laughter at our of range of clubs and activities.

We are here to help, just get in touch with us



Information Advice Friendship Emotional Support



Funded through local support and donations



63 North Hill, Colchester, Essex, CO11PX



01206 368420



enquiries@ageconcerncolchester.org.uk



www.ageconcerncolchester.org.uk

| Day | Event schedule at the Veranda | Time |
|------------------|---|--|
| Monday | Coffee Morning Craft Club Walking Group Lunch Club Friendship Group | 10am - 12noon 10am - 12noon 10am - 11am 12noon - 1pm 1pm - 3pm |
| Tuesday | Coffee Morning Board Games Knit & Natter Lunch Club Past Times (Reminiscence Group) Young Onset Dementia Group (Monthly, every 2nd Tuesday) | 10am - 12noon 10am - 12noon 10am - 12noon 12noon - 1pm 1pm - 2:30pm 6pm - 8pm |
| Wednesday | Coffee Morning Art Club Lunch Club Art Club | 10am - 12noon 10am - 12noon 12noon - 1pm 12:30pm - 2:30pm |
| Thursday | Coffee Morning Card Making Tea & Tech (Learn basic digital skills) Lunch Club Line Dancing | 10am - 12noon 10am - 12noon 10am - 11:30am 12noon - 1pm 1:30pm - 2:30pm |
| Friday | Coffee Morning Knit & Natter Lunch Club | 10am - 12noon 10am - 12noon 12noon - 1pm |

Other Community Groups & Clubs are available, including a Veterans' Group

* All groups are subject to a £2.00 fee, please call to book in advance

* All groups are subject to change, please call for confirmation in advance