



STANSTEAD LODGE
Senior Club Ltd

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REGULAR WEEKLY DAYTIME ACTIVITIES

MONDAY	09.45-10.45	Pilates	Sun Lounge	£5
	10.30-12.00	Art History (1st)	Training Room	£3
	11.00-12.30	Line Dancing	Hall	£5
	11.30-14.00	Healthy Living Club	Sun Lounge	£3
	13.00-15.30	French *	Training Room	£2
	14.00-15.00	Disco Dancing	Sun Lounge	£2
TUESDAY	10.30-12.00	Seniors Singers	Hall	£3
	13.00-14.00	Tai Chi	Sun Lounge	£6
	14.30-15.30	Chair Yoga	Hall	£2
	16.00-18.30	Feeling the Noise	Hall	£2
WEDNESDAY	10.00-12.00	Art for Beginners *	Sun Lounge	£3
	12.15-13.15	Zumba	Hall	£5
	14.00-15.00	Keep Fit	Hall	£5
	14.00-15.30	Quiz	Sun Lounge	£4
	14.00-15.00	Book Club (1st)	TV Room	£2
THURSDAY	10.00-12.00	Craft Class	Sun Lounge	£2
	10.30-12.30	Drama Group	Hall	£6
	13.00-18.30	Feeling the Noise	Hall	£2
	13.00-15.30	Vista Group	Training Room	£2
FRIDAY	10.00-11.00	Yoga	Sun Lounge	£5
	11.00-12.30	Local History Study Group (2nd)	Hall	£2
	11.00-13.00	Forget Me Nots (1st & 3rd)	Hall	£2
	13.00-15.30	Whist Drive	Sun Lounge	£2
	13.30-15.30	IT Drop in	Training Room	FREE

Members get £2 discount on all the activities.

See overleaf for information on weekend and evening activities and other facilities

STANSTEAD LODGE SENIOR CLUB LTD
EVENING AND WEEKEND ACTIVITIES

MONDAY	19.00-20.00 (weekly)	Yoga by Polly Arnold	Sun Lounge
TUESDAY	19.30-21.00 (monthly 1st)	Honor Oak WI	Lodge Cafe
	20.00-21.30 (weekly)	Vocallective	Hall
WEDNESDAY	19.00-20.00 (weekly)	Yoga	Sun Lounge
THURSDAY			
FRIDAY			
SATURDAY	08.30-13.00 (weekly)	Slimming World	Sun Lounge
SUNDAY	09.00-10.00 (weekly)	Yoga	Sun Lounge

TUES- FRIDAY 15.45-18.00 **Green Shoots After Schools Club** Sun Lounge

The Lodge is also available for private hire over weekends and in the evenings.

Contact Tina on 02082911164 for details.

MEMBERSHIP AND FEES:

Stanstead Lodge Senior Club Ltd is an all members club.

Full annual Membership: £36

Age 50-59 £30

60+ £24

Temporary Membership is also available:

Daily £2

Monthly £5

Quarterly £10

Members get £2 discount on all the activities.

THE LODGE CAFÉ

Opening hours: Mon-Fri 10.00-16:30pm

Our community café has wheelchair access and a large garden,
and is child-friendly

Meals, light snacks and amazing cakes are freshly made daily
on the premises.

Members get 10% discount on food