

Any questions?

Please give us a call if you would like any further information about the activities.



Lorna, Julia and Kate
The Team at Supporting Older People

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Larger print available on request
Please note all dates and prices are subject
to change.

Last updated January 2020



Supporting Older People

Founded 1982

Activities Programme 2020

Our mission:

"We aim to alleviate loneliness and isolation often experienced by older people living on their own"



www.supportingolderpeople.org.uk

Registered Charity Number 1155682

Tea and Talk



Tea & Talk is held on the second Tuesday of each month at 2pm at the Crown Hotel, Harrogate, unless otherwise stated.

The cost is £5 to include afternoon tea.

14th January - Ukele Henry

11th February - Family History Mike Greatorex

10th March - Sabine Horner 'Food for Thought'

14th April - Mike from Cook

12th May—Side by Side Musical Act

9th June - Avery Walters & Powell Eddison—Wills & Legacies

21st July—Musical request afternoon

11th August

8th September

13th October—Sabine Horner Kundalini Yoga

10th November

8th December - Christmas Party

Music & Movement Group

This is a friendly group who meet at the Green Hut, 44 Harlow Avenue, Harrogate, every Tuesday at 10am for an hour of extend seated exercise followed by chat and tea and coffee.

The cost is £4 per session.

If you would like to join the group please telephone 01423 531490 (there may be a waiting list)



Dining Out Club



“The SOP Dining Out Club”

We meet on the first Monday of the month and venues have been chosen for their accessibility and as far as possible are independent venues.

Please give us a call on 01423 531490 to book a place.

Prices are in the region of £8 to £18 per head.
All charges include a £1 booking fee.

13th January - Graveleys

3rd February - Vivido

2nd March - Nutrition Joe's

6th April

4th May - Quantro

8th June

6th July - West Park

3rd August - Scran

7th September - Harrogate Arms

5th October - Saranda Bar and Grill

2nd November - Truffles

7th December - Crown Hotel (Christmas Lunch)

Singing Group



We hold an informal singing session at St Peter's Church. We meet on the third Wednesday of each month for a “just for fun” session starting at 2pm.

We ask for a minimum donation of £2, which includes a drink and biscuit.

15th January

19th February

18th March

15th April

20th May

17th June

19th August

16th September

21st October

18th November

Outings

Tuesday 21st January
Snow White at the Bradford Alhambra,
followed by a meal at the Hawthorne Farm Pub
£20-£30, meal extra



Thursday 20th February
Lunch at Harewood Arms, followed
by scenic drive
£10, lunch extra



Thursday 26th March
Yorkshire Air Museum
£15-£20



Thursday 23rd April
James Herriot Museum & Thirsk
£12-£15



Wednesday 27th May
Skipton Canal Trip
£25-£30,
including buffet lunch



Wednesday 3rd June
Lion King at Bradford Alhambra,
matinee performance
£35



Thursday 16th July
Trip To Filey
£15-£20



Wednesday 26th August
Salts Mill and Saltaire
£10-£15



Monday 21st September
Thorpe Perrow
£15-£18



Wednesday 14th October
National Railway Museum
£10.00



Tuesday 24th November
Christmas Shopping Trip
Costs £12



December (Date TBC)
Christmas Trip

