



Activities

Autumn & Winter 2024

Day / Time	Activity / Session	Summary – more info overleaf	Fee
Monday			
10.30 am-11.30	NEW! My Monday Club	Over 60's social with games and I.T. support	£2 donation
10.30 am-12.30	By Your Side Stay & Play	Baby & toddler play & parent support group	FREE
1.30 pm-2.30	Pixiefit Zumba Gold with Miranda	Friendly Zumba fitness class, all ages & abilities	Contact Miranda
3.30 pm- 6.30	KUMON Maths & English tuition	Maths & English for primary & secondary ages	Contact Fani
8.00 pm-9.30	12 Steps	All addictions support group, all welcome	FREE
Tuesday			
10.00 am-12.00	Warwick U3A Painting for Pleasure	Art creativity for all abilities, beginners welcome	FREE
1.00 pm-3.00	Live Life	Over 60's seated exercise & activity group	£2 donation
1.30 pm-4.00	Sewing Group	For all abilities, bring your own projects	£45 per term
4.30 pm-6.00	Gap Junior Youth Club	Great activities, fun & friendship for 7-11 years	£1.50 or £1 member
6.00 pm-7.30	Gap Teen Youth Club	Great activities, fun & friendship for 12-16 years	£1.50 or £1 member
Wednesday			
10.00 am-1.00	OPAL Older Adults at Lunch Club	Over 60's hot two-course meal & Bingo	£6, Bingo extra
12.00 pm-2pm	CommuniTea & Food Pantry	Cuppa, free food & cost-of-living support	FREE
Thursday			
9.30 am-10.30	Swan Tai Chi with Debbie	Relaxing, gentle movement, all ages & abilities	£7
10.00 am-12.00	Knit & Natter Coffee Morning	Over 60's social knitting group for all abilities	£2 donation
11.00 am-12.00	Pixiefit Zumba Gold with Miranda	Friendly Zumba fitness class, all ages & abilities	Contact Miranda
3.30 pm-6.30	KUMON Maths & English tuition	Maths & English for primary & secondary	Contact Fani
Friday			
10.00 am-12.00	NEW! Indoor Short Mat Bowling	Over 60's bowling, all abilities, bring spare shoes	£2 donation
6.30 pm-8.00	Warwick Shotokan Karate Club	Fun, family karate club for all ages, 5 upwards	Contact Steve
Saturday			
10.30 am-12.30	Temple Martial Arts	Contact The Gap for more info	Contact The Gap
1.00 pm-6.30	Rooms to hire for private functions	Ideal for birthday parties and celebrations	Contact The Gap
Sunday			
11.00 am-1.00	Redeemed Christian Church of God	Sunday family worship	FREE
2.00 pm-4.30	Rooms to hire for private functions	Ideal for birthday parties and celebrations	Contact The Gap
5.00 pm-8.00	Sam's K9 Concepts Dog Training	Five-week blocks of puppy training classes	Contact Sam

**For more information about activities or room hire please see overleaf,
follow us on Facebook at www.facebook.com/TheGapWarwick
phone 01926 494200 or email us at admin@thegapwarwick.org**



FOR MORE INFORMATION & BOOKING DETAILS PLEASE SEE BELOW

NEW! My Monday Club	No need to book but please contact The Gap Older Adults team on 01926 494200 for more info & dates as this group runs in blocks of 6-8 weeks, rather than every week
By Your Side Stay & Play	Free informal, non-judgmental, perinatal drop-in support sessions for parents, plus baby & toddler play. Contact hello@byyoursideperinatal.co.uk
KUMON Maths & English tuition	After school club to support primary & secondary school students with Maths & English. For more info contact Fani Ganti on 07500176845 or see www.kumon.co.uk/warwick/
12 Steps	All welcome, no booking required. Contact Simon on 01789 261868 for more info
Warwick U3A Painting for Pleasure	Bring your own materials. Contact Sandy on 07794767243 or John on 07956487378
Live Life	Includes an hour of seated exercise, please check with your GP beforehand. Contact The Gap Older Adults team for more info on 01926 494200
Sewing Group	Contact Sylvia Jacques 01788 815891 for further details
Gap Junior & Teen Youth Clubs	Contact The Gap Youth team for further info, including how your child can become a youth club member. Email jane.lisle-holmes@thegapwarwick.org
OPAL Older Adults at Lunch Club	Booking required. Contact The Gap Older Adults team on 01926 494200
CommuniTea & Food Pantry	Free drop-in coffee afternoon, access to Warwick Lions cost-of-living advice, and free surplus supermarket food to take away. Contact The Gap for more info on 01926 494200
Swan Tai Chi with Debbie	Booking required. Contact Debbie on 07773318830 or email debbie@swantaichi.co.uk
Knit & Natter Coffee Morning	Contact The Gap Older Adults team for more info on 01926 494200
Pixiefit Zumba Gold with Miranda	Booking required. Contact Miranda on 07595696506 or email Miranda@pixiefit.co.uk
NEW! Indoor Short Mat Bowling	Fun, friendly bowling for over 60's, no experience necessary. Please bring a clean, spare pair of shoes to change into. For more info call Allan on 07722444853
Warwick Shotokan Karate Club	Shotokan Karate for all ages & abilities. Contact Steve on 07880626806
Temple Martial Arts	For more info contact The Gap
Redeemed Christian Church of God	Contact Pastor David on 07908472134 or email info@rccgwarwick.org
K9 Concepts Dog Training	See www.k9concepts.co.uk or contact Samantha on 07837131184 for more info
Room to Hire for Private Functions	Six rooms for hire, including a large hall. Reasonable prices starting from £12 per hour. Contact The Gap on 01926 494200 or by email at admin@thegapwarwick.org
The Gap Older Adults Enquiries	Contact Cherylyne Harrison by email at cherylyne.harrison@thegapwarwick.org
The Gap Youth Club Enquiries	Contact Jane Lisle-Holmes by email at jane.lisle-holmes@thegapwarwick.org
The Gap Community Enquiries	Contact Sophie di Gesso by email at sophiedigesso@thegapwarwick.org
The Gap General Enquiries	Contact The Gap on 01926 494200 or by email at admin@thegapwarwick.org

GAP ACTIVITIES AT OTHER LOCATIONS IN WARWICK

Day / Time	Activity / Session	Summary	Fee
Monday			
10.30 am-12.30	Men's Breakfast Social	Bacon butties & games at St Nicholas' Church	FREE
2.00 pm-4.00	Memory (Dementia) Café Plus +	For the cared for and the carer, 1 st and 3 rd Monday of the month at All Saints Church Centre	FREE
4.00 pm-6.00	Teen drop-in for 11-16 years	Teens youth club at Heathcote Community Centre	£1
Tuesday			
11.30 am-1.30	Packmores Pantry (free surplus food)	Cost-of-living help Packmores Centre 01926 492488	FREE
Wednesday			
4.00 pm-5.30	Chase Meadows Youth Club Juniors	Junior club, 7-11 years at CM Community Centre	£1.50 or £1 member
5.30 pm-7.00	Chase Meadows Youth Club Seniors	Senior club, 12-16 years at CM Community Centre	£1.50 or £1 member
Thursday			
11.00 am-2.00	ActiviTea	Over 60's social group & lunch at St Paul's Church	£2 or £4 with lunch
4.00 pm-5.30	Packmores Youth Club Juniors	Junior club, 7-11 years at Packmores Com Centre	£1.50 or £1 member
Friday			
11.30 am-1.30	Packmores Pantry (free surplus food)	Cost-of-living help Packmores Centre 01926 492488	FREE
5.30 pm-7.00	Woodloes Youth Club Juniors	Junior club, 7-11 years at Woodloes Com Centre	£1.50 or £1 member