



Activities we offer... in 2024 for over 60's



Live Life

Friendly chat, gentle seated exercise and circle dance, crafts, quizzes, and seasonal day trips. Includes opportunities to socialise and build friendships.

Day - Tuesday
Time - 1pm -3pm
Fee - £2 Donation



OPAL Lunch Club

A delicious two-course, hot meal prepared on the premises by The Gap's Cook. Plus, social activities including Bingo.

Day - Wednesday
Time - 10am-1pm
Fee - £6 (excludes bingo)

NEW! Indoor Bowling

Come along to our fun and friendly short mat bowling to help you stay active and meet new people. No experience necessary, please bring a change of shoes.

Day - Friday
Time - 10 am - 12 noon
Fee - £2

NEW! My Monday Club

Have fun and socialise at our friendly games and I.T. support drop-in activity. Play table tennis & board games, plus help with smart phones & tablets.

Day - Monday
Time - 10:30am - 11.30am
Fee - £2 Donation

Supported by SPORT ENGLAND



Knit & Natter, Crochet & Chatter Coffee Morning

A friendly group for all abilities and the opportunity to try something new, no knitting skills required. Time to chat and meet new people.

Day - Thursday
Time - 10am-12noon
Fee - £2 Donation



Activitea at St. Pauls Church

Come along to St Paul's Church (near Warwick Racecourse) for stimulating chat, crafts, tea and coffee.

Includes a light lunch.
Day - Thursday
Time - 11 am - 2 pm
Fee - £4



For those affected by age-related memory loss or dementia

Memory Café Plus+

1st and 3rd Mondays • 2pm to 4pm
All Saints' Emscote Church Centre

For more information about our activities contact Cherylynn.Harrison@thegapwarwick.org or phone 01926 494200

"We offer a range of social, physical and engaging activities that promote overall wellbeing".



Proudly supported by the Severn Trent Community Fund



"Coming here has made all the difference to me. I meet people and it gives me a reason to get out of bed in the morning."