



Charity No. 1090701

Friend In Need Community Centre

East Barnet Baptist Church
Crescent Road, Barnet EN4 8PS

Tel : 020 8449 8225

Email : fin@fin-eastbarnet.org.uk

JULY 2019 ACTIVITY BULLETIN

MEET FOR TEA

Monday, Wednesday & Thursday

10.00 to 11.30

Tuesday & Saturday

10.00 to 11.00

Come join us for a nice cup of tea (or coffee) and biscuits. Meet up with our friendly staff and volunteers at a welcoming and warm social space.

No booking required

Just drop-in

Cost : £2



SEATED EXERCISE

Monday, Wednesday & Thursday

11.30 to 12.30

Tuesday

11.00 to 12.00

Notice : Wednesday 10 July - no class

Classes are run by qualified instructors who are fully insured.

Movements designed to work, stretch and strengthen muscles and improve

No booking required

Just drop-in

Cost : £5



Songs of Praise

Thursdays

11 July and 25 July

10.30 - 11.00

Special singing sessions lead by volunteers of East Barnet Baptist Church. Everyone is welcome to join in, enjoy the music and meet others.

No booking required

Just drop-in

Cost : Free



Day Member Service

(Dementia Friendly)

Monday, Tuesday, Wednesday,

Thursday & Saturday

Full Day (Cost £25)

10.00 to 15.30

Half Day (Cost £16)

10.00 to 13.00 OR 12.30 - 15.30

Our Day Member Service is designed to cater for people who are able to participate in activities independently. People who have personal care needs are welcome with their carers. The service also aims to give family/carers regular breaks. Members have access to Seated Exercise, a two course lunch and Activity Club on the day they attend. Transport may be available. Assessment and booking required. Please call 020 8449 8225 and speak to our staff for more information.

FIN Activity Club with Refreshments

Monday, Tuesday, Wednesday, Thursday, Saturday

14.00 - 15.30 - Cost £5, Drop-In, No Booking Required

(Unless stated exclusively for regular members only)

(A supplement may be applied to outings)

- Mon 01-Jul Live entertainment with Claudio (Accordian)
- Tue 02-Jul Outing - Eating Out Day (Exclusive for Tuesday Day Service members)
- Wed 03-Jul Interactive Time - Bingo
- Thu 04-Jul Cinema Club "Secrets", starring Danielle Steels
- Sat 06-Jul Musical Fun with Don
- Mon 08-Jul Garden Tea Party
- Tue 09-Jul Intergeneration Project - Visit from the NCS Challenge Group
(Introduction and interaction)
- Wed 10-Jul Day Trip to Southend seafront, fish & chips lunch (exclusively for Day Service members only)
- Thu 11-Jul Interactive Time - Bingo
- Sat 13-Jul Outing to St Joseph (Hendon) BBQ party (Exclusive for Saturday Day Service members)
- Mon 15-Jul Cinema Club "Lover Come Back", starring Tony Randall & Doris Day
Intergeneration Project : The NCS Challenge Group (Planning Day)
- Tue 16-Jul Interactive Time - Bingo
- Wed 17-Jul Live entertainment with Scarlett (Singer)
- Thu 18-Jul Musical Fun - Sing Along
- Sat 20-Jul Interactive Time - Puzzle & Board Game
- Mon 22-Jul Intergeneration Project - Visit from the NCS Challenge Group
- Tue 23-Jul Singing For The Brain
- Wed 24-Jul Interactive Time - Board Game
- Thu 25-Jul Live entertainment with Ronaldo (Singer)
- Sat 27-Jul Art & Craft with Louisa
- Mon 29-Jul Interactive Time - Board Game
- Tue 30-Jul Intergeneration Project - Visit from the NCS Challenge Group
(Introduction and interaction)
- Wed 31-Jul Interactive Time - Ball Game