

## Ardrossan, Saltcoats and Stevenston

2015

### BARONY ST JOHN'S CHURCH

c/o St Andrews Episcopal Church Hall, South Crescent Rd, Ardrossan,  
KA22 8EA

Chair Aerobics Class.....Tues	13.00 - 14.00
Wednesday Club.....Wed	10.30 - 12.30
Barony St John's Guild.....Thurs (oct-may)	12.30 - 13.30

### CLASP

140a Hayocks Road, Stevenston, KA20 4DT. Tele. 01294 602711

Hit IT Computer & IT Group.....Mon	11.00 - 14.00
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### CORRAN INN

45 Jacks Rd, Saltcoats, KA21 5SH. Tele. 01294 471000

Carers Support Lunch.....Thurs(last in month)	12.00-14.00
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### HAYOCKS HALL

Hyslop Road, Stevenston, KA20 4DT. Tele. 01294 607297

50+ Group, Senior Citizens Club.....Mon	13.00 - 15.00
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### HOPE PROJECT

10 Alexander Place, Stevenston. Tele. 01294 463444

Lunch Club.....Tues & Thurs	12.00 - 14.00
Stevenston Elderly Forum.....Tues(3 <sup>rd</sup> in month)	14.00
Seated Yoga.....Thurs	14.00 - 15.00
Card Making.....Fri	13.30 - 15.30
Tea Dances*.....Fri	13.00 - 15.00

Mens Club/Games Afternoon\*

Information and Support Worker\*

\*(contact Hope Project for details)

## Ardrossan, Saltcoats and Stevenston

2015

### NEW TRINITY CHURCH HALL

Chaplewell Street, Saltcoats, KA21 5EA. Tele. 01294 472001

Country Dancing.....Thurs	19.30 - 21.30
Women' Guild.....Mon(Oct-Apr)	19.15 - 21.00

### NORTH PARISH CHURCH

Ivanhoe Drive, Saltcoats, KA12 6LS. Tele. 01294 464679

Chair Exercises.....Thurs	19.00 - 20.00
Church Guild.....Wed	19.30 - 21.30

### PARK CHURCH

Dalry Road, Ardrossan, KA22 7LD. Tele. 01294 463711

Autumn Club.....Mon (fortnightly)	14.00 - 16.00
Mature Movers.....Wed	10.30 - 11.30
Craft Group.....Wed	13.15 - 15.15

### STEVENSTON HIGH KIRK HALLS

School Well Street, Stevenston. Tele. 01294 463356

Lunch Club.....Tues (every 2 <sup>nd</sup> Tues)	11.30 - 13.00
High Kirk Guild.....Thurs (Oct-Apr fortntly)	19.15 - 21.15
Musical Minds.....Thurs (1 <sup>st</sup> in month)	14.00 - 15.30

**Ardrossan, Saltcoats and Stevenston**

2015

**ST CUTHBERT'S CHURCH****13 Caledonian Road, Saltcoats, KA21 5AH**

Memory Café.....Wed (3rd Wed in month)14.30 - 1600

**ST JOHN'S CHURCH****Hayocks Road, Stevenston, KA20 4DE. Tele. 01294 463225**

Keep Fit Low.....Mon 14.00 - 15.00

**ST MARY'S CHURCH****10 Ardrossan Road, Saltcoats, KA21 5BW. Tele. 01294 463461**

50+ Group.....Tues 12.30 - 14.30

Lunch Club.....Tues 10.30 - 12.30

**ST PETER'S CHURCH****1 South Crescent Road, Ardrossan, KA22 8DU. Tele. 01294 464063**

Church Guild.....Mon 19.00 - 21.00

**WHITELEES COMMUNITY CENTRE****Carrick Place, Ardrossan, KA22 8DU. Tele. 01294 461700**

Card Craft.....Mon 10.00 - 12.00

Line Dancing.....Tues 19.00 - 20.30

Co op Women's Guild.....Thurs 19.00 - 21.00

Men's Indoor Bowls.....Thurs 18.00 - 21.00

**Ardrossan, Saltcoats and Stevenston**

2015

**ARGYLE COMMUNITY CENTRE****Campbell Avenue, Saltcoats, KA21 5AF. Tele. 01294 467267**

Football Reminiscence Group(AlzScot).Mon 11.00 - 14.00

Saltcoats Elderly Forum.....Mon(4<sup>th</sup> Mon in month) 13.00 - 15.00

Argyle Art.....Mon 13.00 - 15.30

Lighthouse Church.....Mon 19.00 - 21.30

Evergreen Group.....Tues 12.30 - 15.00

Chi-Kung.....Wed &amp; Fri 10.00 - 12.00

Focus on Art.....Wed 13.00 - 15.00

Camera Club.....Wed 19.00 - 21.30

Phoenix Art.....Thurs 19.00 - 21.00

Cross-Stitch.....Thurs 18.30 - 22.00

Church.....Fri 19.00 - 21.30

**AUCHENHARVIE LEISURE CENTRE****Saltcoats Road, Stevenston, KA20 3JR. Tele. 01294 605126**

Falls Prevention Class Level 1.....Mon 13.00 - 14.00

(KA Leisure)

Falls Prevention Class Level 2.....Mon 14.00 - 15.00

(KA Leisure)

Falls Prevention Class Maintenance...Mon 15.00 - 16.00

(KA Leisure)

Falls Prevention Class Level ½.....Thurs 12.30 - 13.30

(KA Leisure)

**Ardrossan, Saltcoats and Stevenston**

2015

**ARDEER COMMUNITY CENTRE****Shore Road, Stevenston, KA20 3NB. Tele. 01294 4666861**

60+ Sewing Group.....	Mon	19.00 - 21.00
3 Towns Carer's Group.....	Mon	10.00 - 12.00
IT Group.....	Mon	14.00 - 16.00
	Thurs	9.00 - 12.00
60+ Card Craft.....	Tues	11.00 - 13.00
Carpet Bowls.....	Wed	10.00 - 12.00
Photography.....	Wed	9.00 - 12.00
Horizons Group.....	Wed	13.00 - 15.00

**ARDROSSAN CIVIC CENTRE****Glasgow Street, Ardrossan, KA22 8EU. Tele. 01294 607295**

Ballroom Dancing (OIR).....	Mon	19.00 - 21.00
3 Towns Carer's Group.....	Mon(1 <sup>st</sup> in month)	10.00 - 12.00
Ardrossan Elderly Forum.....	Tues(2 <sup>nd</sup> in month)	12.30 - 15.30
Badminton (OIR).....	Tues	10.00 - 12.00
Over 60s Yoga.....	Tues	10.15 - 11.45
Thursday Club.....	Tues	12.30 - 15.00
Ardrossan Pensioner's Club.....	Wed	13.30 - 15.30
Scrabble (OIR).....	Thurs	13.00 - 16.00
Dominoes (OIR).....	Thurs	11.00 - 12.00
Keep Fit (OIR).....	Thurs	10.00 - 12.00
Line Dancing.....	Fri	12.00 - 14.00
RVS Lunch Club.....	Fri	13.00 - 15.00

**The Garnock Valley**

2015

**ANAM CARA****Stoneyholm Rd, Kilbirnie, KA25 7DS. Tele. 01294 602720**

Memory Café.....	Tues(2 <sup>nd</sup> in month)	14.00 - 16.00
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**BARRMILL COMMUNITY CENTRE****Beith Road, Barrmill, KA15 1HW. Tele. 01505 500380**

Carpet Bowls.....	Mon	13.30 - 15.30
Bingo.....	Tues	19.45 - 21.15
Computer Class.....	Wed	13.00 - 15.00
WRI.....	Wed	19.30 - 22.00
1 O'clock Gang (craft group).....	Thurs	13.00 - 15.00
Chair Exercises(KA Leisure).....	Fri	13.00 - 14.00

**BEITH COMMUNITY CENTRE****Kings Road, Beith, KA15 2BQ. Tele. 01505 503187**

Keep Fit Low(KA Leisure).....	Mon	17.30 - 18.30
Keep Fit.....	Mon	19.30 - 21.00
Fit & 50.....	Tues	11.00 - 12.00
Whist & Dominoes.....	Tues	13.00 - 16.00
Sequence Dancing.....	Tues	19.00 - 22.00
Chit Chat Group.....	Wed	10.00 - 12.00
Line Dancing.....	Thurs	10.00 - 11.00
Indoor Bowls.....	Fri	13.00 - 16.00

## The Garnock Valley

2015

### BRIDGEND COMMUNITY CENTRE

**17 Bridgend Kilbirnie, KA25 7DJ. Tele. 01505 684512**

Over 60's Carpet Bowls.....	Tues	9.00 - 12.00
	Wed	13.00 - 15.30
Fit and Fifty.....	Wed	9.30 - 11.45
Nutty Knitters.....	Wed	10.00 - 12.00
Visually Impaired Group.....	Wed(1 <sup>st</sup> in month)	13.00 - 15.30
Falls Prevention (KA Leisure).....	Wed	13.30 - 16.15
Garnock Ladies.....	Wed (every 2 <sup>nd</sup> week)	19.00 - 21.00
Sew & Sew Group.....	Thurs	10.00 - 13.00
Senior Bridge.....	Thurs	18.30 - 22.30

### DALRY COMMUNITY CENTRE

**St Margaret's Avenue, Dalry, KA24 4BA. Tele. 01294 833288**

Line Dancing.....	Mon	19.30 - 21.30
Fit and Fifty.....	Tues	10.00 - 12.00
Leisure Club.....	Fri	14.00 - 15.00

### DALRY TRINITY CHURCH

**Courthill Street, Dalry.**

Monday @ 2 Club.....	Mon	14.00 - 16.00
Open Door.....	Thurs	10.00 - 12.00

### DICKSON COURT

**Dixon Court Sheltered Housing, Beith, KA15 2DR**

Chair Based Exercises(KA Leisure).....	Thurs(fornightly)	10.00 - 11.00
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## Irvine and Kilwinning

2015

### WOODWYND COMMUNITY CENTRE

**David Gage Street, Kilwinning, KA13 7EF. Tele. 01294 557706**

Lunch Club.....	Tues	12.00 - 14.30
Indoor Games.....	Fri	14.00 - 16.00

### WOODLAND'S SENIOR CITIZENS GROUP

**Woodlands Centre, 16 Kilwinning Road, Irvine, KA12 8RU.**

**Tele. 01294 278503**

Line Dancing.....	Mon	10.00 - 12.00
	Thurs	12.45 - 14.30
	Fri	10.30 - 12.00
Keep Fit.....	Mon	12.30 - 14.30
	Wed	9.45 - 11.00
Bowling.....	Tues	12.00 - 14.30
SCAR(Stoma Care & Recovery).....	Tues(every 2 <sup>nd</sup> week)	18.30 - 20.30
Craft Class.....	Wed	9.30 - 12.30
Bingo.....	Wed	13.00 - 15.00
Crochet.....	Thurs	9.00 - 12.00
Cross Stitch.....	Thurs	19.00 - 22.00
Macular Group.....	Thurs(1 <sup>st</sup> Thurs in month)	14.00 - 16.00

## Irvine and Kilwinning

2015

### VINEBURGH COMMUNITY CENTRE

**Quarry Road, Irvine, KA12 0PS. Tele. 01294 317156**

Line Dancing.....	Tues	10.00 - 11.00
Country Dancing.....	Tues	19.30 - 21.00
Stroke Club.....	Tues	13.00 - 15.00
Folk Club.....	Wed(every 2 weeks)	19.00 - 22.30
Spanish.....	Thurs	10.00 - 12.00
Lunch Club & Sing Song.....	Thurs	13.00 - 15.00
Memory Café.....	Fri (4 <sup>th</sup> Fri in month)	11.00 - 12.30

### VOLUNTEER ROOMS IRVINE

**High Street, Irvine, KA12 0AB. Tele. 01294 278390**

Invigor8 Falls Prevention (Level1).....	Tues	12.30 - 13.30
Invigor8 Falls Prevention (Level 2).....	Tues	13.30 - 14.30
Line Dancing.....	Wed	19.30 - 21.00
Ballroom Dancing.....	Thurs	20.00 - 22.00
Craft Group.....	Fri	10.00 - 12.00

### WHITEHIRST PARK COMMUNITY CENTRE

**West Doura Court, Kilwinning, KA13 6NK. Tele. 01563 558470**

Senior Keep-Fit.....	Mon	9.45 - 11.15
Zumba.....	Tues	20.05 - 21.05
	Sun	11.00 - 12.00
Retired Club.....	Thurs	14.00 - 16.00

## The Garnock Valley

2015

### LONGBAR COMMUNITY CENTRE

**Auchengree Road, Longbar. Tele. 01505 681110**

Indoor Bowling.....	Mon & Wed	13.00 - 15.00
Line Dancing.....	Wed	19.00 - 21.30

### SALVATION ARMY HALL

**New Street, Kilbirnie. Tele. 01505 683453**

Lunch Club.....	Mon-Fri	12.00 - 13.00
Cameo Club.....	Mon	13.00 - 15.00

### ST MARGARET'S CHURCH HALL

**The Cross, Dalry. Tele. 01294 832264 (church office)**

Church Guild.....	Tues	19.30 - 21.30
Tea and Talk.....	Wed	10.00 - 12.00
Friday Night at St Margaret's.....	Fri	19.30 - 21.30

### ST PALLADIUS CHURCH

**10 Aitken Street, Dalry. Tele. 01294 832181**

Community Café.....	Fri	10.00 - 14.00
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### WALKER HALL

**41 Main Street, Kilbirnie. Tele. 01505 683652**

Kilbirnie Senior Citizens Group.....	Tues	13.00 - 15.00
Kilbirnie & Glengarnock Age Concern...Thurs		10.00 - 12.00

## Largs, Cumbrae and The North Shore

2015

### BRISBANE CENTRE

**Bath Street, Largs, KA30 8BL**

Bridge (OIR).....	Mon	14.30 - 16.30
Calligraphy (OIR).....	Tues	10.00 - 12.00
Art & Chat (OIR).....	Thurs	14.00 - 16.00
Beginners Bridge(OIR).....	Fri	9.45 - 11.45

### CAMERON CENTRE

**17 Lade Street, Largs. Tele. 01475 674268**

Largs Age Concern Drop In.....	Mon-Fri	10.00 - 16.00
KA Leisure Fitness Class.....	Mon	10.00 - 11.00
Wednesday Group.....	Wed	14.00 - 15.00
Thursday Group.....	Thurs	14.00 - 15.00

### CLARK MEMORIAL CHURCH

**Bath Street, Largs, KA30 8BL. Tele. 01475 675186**

Dance Group (OIR).....	Mon	13.30 - 16.00
Drama Group (OIR).....	Mon	14.00 - 16.00
Enjoy Music (OIR).....	Wed	14.00 - 16.00
(2 <sup>nd</sup> & 4 <sup>th</sup> Wed in month)		
Tai Chi Advanced (OIR).....	Wed	10.00 - 11.00
Tai Chi Beginners (OIR).....	Wed	11.00 - 12.00
Musical Minds (morning).....	Thurs	11.00 -12.30
(Alzheimer Scotland) (1 <sup>st</sup> in month)		
Musical Minds (afternoon).....	Thurs	14.00 – 15.30
(Alzheimer Scotland) (3 <sup>rd</sup> in month)		

## Irvine and Kilwinning

2015

### REDBURN COMMUNITY CENTRE

**Dickson Drive, Irvine, KA12 9EW. Tele. 01294 311279**

Over 60s Club.....	Tues & Thurs	12.45 - 15.45
Weight Management Class.....	Tues	10.00 - 11.30
Sequence Dancing.....	Wed	12.00 - 15.00

### SPRINGSIDE COMMUNITY CENTRE

**Overtoun Road, Springside, KA11 3BG. Tele. 01294 214565**

Art Class.....	Wed	9.30 - 12.30
Carpet Bowls.....	Mon	14.00 - 15.30
Handcraft Group.....	Wed	10.00 - 12.00
Bingo.....	Thurs	19.00 - 21.00

### ST ANDREWS CHURCH

**Caldon Road, Irvine, KA12 0RF**

Second Time Around Harmony.....	Thurs	12.00 - 15.00
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### ST MARY'S CHURCH

**15 West Road, Irvine, KA12 8RE. Tele. 01294 279930**

Over 50s Group.....	Tues	13.00 - 15.00
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### ST WININ'S CHURCH

**St Winin's Church Lane, Kilwinning, KA13 6EP. Tele. 01294 552276**

Over 60's.....	Thurs	13.00 - 15.00
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### TOWNEND COMMUNITY CENTRE

**10 Townend Dreghorn, Irvine, KA11 4EQ. Tele. 01294 212720**

Bingo.....	Mon	19.15 - 21.15
Camera Club.....	Mon	19.15 - 21.15

**Irvine and Kilwinning**

2015

**KILWINNING OLD PARISH CHURCH****Erskine Church Hall, Garden Square Lane, Kilwinning. Tele. 01294 212586**

Community Café.....	Thurs	11.00 - 14.30
Kilwinning Elderly Forum.....	Tues(last Tues in month)	13.00

**LANFINE COMMUNITY CENTRE****Lanfine Terrace, Girdle Toll, Irvine, KA11 1BT. Tele. 01294 215347**

Lanfine & Braehead Age Concern.....	Wed	13.00 - 15.00
Carpet Bowls.....	Mon	14.00 - 16.00

**MANSEFIELD TRINITY CHURCH****West Doura Way, Kilwinning, KA13 6DY**

Community Café.....	Tues	10.30 - 13.30
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**NETHERMAINS COMMUNITY CENTRE****Nethermains Road, Kilwinning, KA13 6ES. Tele. 01294 553816**

Wednesday Group.....	Wed	12.00 - 14.30
Kit Kat Club.....	Wed	10.00 - 12.00
Country and Western Club.....	Sat	19.00 - 23.30

**NORTH AYRSHIRE CARERS CENTRE****174 High Street, Irvine, KA12 8AN. Tele. 01294 311333**

Music Group.....	Mon(4 <sup>th</sup> in month)	14.00 - 15.30
Reminiscence Group.....	Tues(3 <sup>rd</sup> in month)	13.30 - 15.00
Craft Group.....	Tues(1 <sup>st</sup> in month)	13.30 - 15.00
Evening Support Group.....	Thurs(3 <sup>rd</sup> in month)	18.30 - 20.30
*Alternative Therapies.....	Tues	Morning
	Wed	All Day
	Thurs	18.00 - 19.30

\*Call Carer's Centre for Appointment

**Largs, Cumbrae and The North Shore**

2015

**DA HALL, GARRISON HOUSE****College Street, Millport, Isle of Cumbrae**

Cumbrae Lunch Club.....	Wed	12.00 - 14.00
Cumbrae Elderly Forum.....	Wed(Last in month)	13.00 - 15.00

**GARRISON HOUSE****College Street, Millport, Isle of Cumbrae**

Falls Prevention Class Level 1.....	Tues	10.00 - 11.00
Falls Prevention Class Level 2.....	Tues	11.00 - 12.00
Millport Age Concern.....	Tues	14.00 - 16.00
Memory Café.....	Fri (2 <sup>nd</sup> Fri in month)	13.00 - 15.00

**INVERCLYDE SPORTS CENTRE****Burnside Road, Largs, KA30 8RW. Tele. 01475 674666**

Carpet Bowls (OIR).....	Tues	14.00 - 16.00
Table Tennis (OIR).....	Tues	18.30 - 20.30
Ballroom Dancing(OIR).....	Wed	19.15 - 20.45
Carpet Bowls(OIR).....	Fri	14.45 - 16.45

**Largs, Cumbrae and The North Shore**

2015

**LARGS BOWLING CLUB****Douglas Street, Largs, KA30 8PT. Tele. 01475 689864**Stitch & Craft (OIR).....Wed(2<sup>nd</sup> & 4<sup>th</sup> in month) 14.00 - 16.00**LARGS LIBRARY****Allanpark Street, Largs, KA30 9AG. Tele. 01475 673309**

Beginners Spanish+ (OIR).....Mon 10.00 - 12.00

Italian(OIR).....Tues 18.30 - 20.30

Beginners Spanish(OIR).....Wed 10.00 - 12.00

Largs Quilting Bee.....Fri 14.00 - 16.00

**LANES****The Promenade, Largs. Tele 01475 674888**

Ten Pin Bowling.....Fri 14.00

**MORRIS' RESTAURANT****Gallowgate Street, Largs, KA30 9AG. Tele 01475 689968**

Plays &amp; Poetry (OIR).....Thurs 10.00 - 12.00

**SKELMORLIE COMMUNITY CENTRE****13 Skelmorlie Castle Road, Skelmorlie, KA17 5AH**

Bridge Club.....Tues 13.45 - 16.45

Zumba Gold.....Wed 10.00 - 11.30

**ST COLUMBA'S CHURCH HALL****Nelson Street, Largs. Tele. 01475 686212**

Scottish Country Dancing (OIR).....Wed 14.00 - 16.00

**Irvine and Kilwinning**

2015

**CORSEHILL COMMUNITY CENTRE****1 Moncur Road, Kilwinning, KA13 7LF. Tele. 01294 552334**

Retired Club.....Mon 13.00 - 15.00

Bingo.....Wed &amp; Fri 19.00 - 21.30

Community Café.....Tues 10.00 - 12.00

Corsehill Codgers 55+ Football.....Tuesday 13.00 - 15.00

**FULLARTON COMMUNITY CENTRE****Ayr Road, Irvine, KA12 8DF. Tele. 01294 278693**

Fullarton Historical Society.....Mon 14.00 - 16.00

Breakfast Club .....Tues,Wed &amp; Thurs 9.00 - 11.00

Fullarton Ladies (Lunch Club).....Wed 12.30 - 14.30

Bingo.....Wed 19.00 - 20.30

Welfare Rights Surgery (CLASP).....Thurs 9.00 - 12.00

Bingo &amp; Lunch.....Fri 12.00 - 14.00

**FULLARTON PARISH CHURCH****Church Street, Irvine, KA12 8QJ**

Musical Minds(AlzScot).....Mon(last Mon in month) 13.30 - 15.00

**HARBOUR ARTS CENTRE****114-116 Harbour St, Irvine, Ayrshire, KA12 8PZ. Tele. 01294 274059**Football Reminiscence Group.....Wed(2<sup>nd</sup> in month) 11.00 - 13.00  
(Alzheimer's Scotland)**IRVINE SENIOR CITIZENS****Woodland Centre, 16 Kilwinning Road, Irvine, KA13 8RU.****Tele. 01294 278503**

Forum Meeting.....Tues(last Tues in month) 13.30



**Irvine and Kilwinning**

2015

**ABBAY CHURCH HALL****Vaults Lane, Kilwinning, KA13 6BA**

Keep Fit.....	Tues	10.00 - 11.00
Darby & Joan Club.....	Thurs (alternate weeks)	13.30 - 15.00
Church Guild.....	Thurs	13.30 - 15.00

**BROOMLANDS & BOURTREEHILL DROP IN CENTRE****7 Lower Vennel, Irvine, KA11 1PQ. Tele. 01294 212354**

Lunch Club and Activities.....	Mon-Fri	11.30 - 15.30
Keep Fit Low(KA Leisure).....	Wed	13.00 - 14.30

**CASTLEPARK COMMUNITY CENTRE****4 Castlepark, Irvine. Tele. 01294 311238**

Lunch Club.....	Wed	12.00 - 15.00
Art Class.....	Thurs	10.00 - 12.00

**CRANBERRYMOSS COMMUNITY CENTRE****Cambusdoon Place, Kilwinning, KA13 6SL. Tele. 01294 557146**

Ayrshire Infinity Choir.....	Mon	19.00 - 21.00
Art Group.....	Tues	10.00 - 12.00
Genealogy Group.....	Wed	19.00 - 21.00
Fitness Class.....	Thurs	10.00 - 11.00
Recycled Juveniles.....	Thurs	14.00 - 16.00
Spanish.....	Fri	10.00 - 12.00
Country & Western Club.....	Fri	19.00 - 00.00

**Largs, Cumbrae and The North Shore**

2015

**ST JOHN'S CHURCH****1 Union Street, Largs, KA30 8DE. Tele. 01475 674468**

Memory Café.....	Mon	13.00 - 15.00
WRVS Lunch Club.....	Tues	11.30 - 13.30
Church Guild (Dunn Memorial Hall).....	Mon	14.00 - 16.00
Opportunities in Retirement (OIR).....	Wed	14.00 - 16.00

**TOC H HALL****Bath Street, Largs**

Electric Keyboard (OIR).....	Tues	10.00 - 12.00
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**UNITED FREE CHURCH****Brisbane Road, Largs.**

French Conversation (OIR).....	Wed	14.00 - 16.00
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**VIKINGAR!****Greenock Road, Largs, KA30 8QL. Tele. 01475 689777**

Falls Prevention Class Level 1 / 2.....	Mon	14.00 - 15.00
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**WEST KILBRIDE COMMUNITY CENTRE****Corse Street, West Kilbride, KA23 9AX. Tele. 01294 822144**

Age Concern Around 60 Club.....	Mon (every 2 <sup>nd</sup> week)	13.30 - 15.30
Retired Club.....	Fri	13.00 - 16.00
Carpet Bowls.....	Tues & Fri	9.30 - 11.30
Keep Fit Low(KA Leisure).....	Mon	10.00 - 11.00

**WEST KILBRIDE VILLAGE HALL****1 Arthur Street, West Kilbride, KA23 9EN. Tele. 01294 829590**

Badminton Group.....	Wed	10.00 - 11.30
WRVS Lunch Club.....	Thurs	11.30 - 13.30

## Other Resources For Older People

### Alzheimer Scotland

Harbour Centre Day Service, 38 Parkhouse Road, Ardrossan, KA22 8AN

Tele. 01294 469955

The Bungalow Ayrshire Central Hospital, Kilwinning Road, Irvine, KA12 8SS

Tele. 01294 323259

### AIMS Advocacy

70 New Street, Stevenston, KA20 3HG. Tele. 01294 608663

Provides independent advocacy for older people and their families.

Provides advocacy awareness raising activities.

### CHAP

The Michael Lynch Centre, 71 Princes Street, Ardrossan, KA22 8DG

Tele. 01294 475636

Provides independent advice information and advocacy support on housing related issues.

### CLASP

140A Hayocks Road, Stevenston. Tele. 01294 602711

Benefit & welfare information and advice and help with the completion of any type of benefit forms. Surgeries across North Ayrshire. To book an appointment or for more information call the above number.

### KA Leisure

KA Leisure Health and Fitness Team. Tele. 01294 605128

For information on carer's support groups in your area and other events and activities for carers in North Ayrshire call the number above.

### North Ayrshire Carer's Centre

174 High Street, Irvine. Tele. 01294 311333

For information on carer's support groups in your area and other events and activities for carers in North Ayrshire call the above number.

### North Ayrshire Council, Education and Skills

Community Development Team, (Mary Scott) Cunninghame House Irvine.

Tele. 01294 324440

Provision of a variety of groups and classes in the community throughout North Ayrshire under the "Older People Activity Programme" and the "Change Fund Programme"

### Third Sector Interface North Ayrshire – The Ayrshire Community Trust

93 Princes Street Ardrossan. Tele. 01294 443044

Community Connectors – Connecting Older People and their carers to service providers across the Local Authority, Health Services, Independent Sector and the Third Sector.

This Directory will also be available on the Third Sector Interface website.

[www.tsinorthayrshire.org.uk](http://www.tsinorthayrshire.org.uk). If you have any information on groups, organizations

or activities for Older People, provided by the Third Sector that is not already in this directory please contact

[jean@theayrshirecommunitytrust.co.uk](mailto:jean@theayrshirecommunitytrust.co.uk) or call 01294 443044



# Directory of What's On In The Third Sector For Older People 2015 (5<sup>th</sup> Edition)

## The Third Sector Interface North Ayrshire The Ayrshire Community Trust

93 Princes Street, Ardrossan, KA22 8DQ

T: 01294 443044

E: [info@theayrshirecommunitytrust.co.uk](mailto:info@theayrshirecommunitytrust.co.uk)

W: [www.theayrshirecommunitytrust.co.uk](http://www.theayrshirecommunitytrust.co.uk)

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