

Golden Years 60+ Clubs & Groups

No Annual Fee, just £3 a session if you attend.

Day trips, short breaks, parties and meals also available throughout the year.

For more information please email goldenyears@dabd.org.uk

Club	Day	Time	Venue
Men's Group Snooker, Darts, Cards & Social	Monday	10:30am - 12:30pm	Harmony House Dagenham, Baden Powell Cl, Dagenham RM9 6XN
Social Club Chair-based exercise & Social	Monday	11am - 1pm	Marjorie Collins MS Day Centre, Grove Rd, Chadwell Heath RM6 4XF
Chatty Chairs Chair-based exercise	Monday	2pm - 4pm	St Martin's Church Hall, Goresbrook Road, Dagenham RM9 6UX
Social Club Games, Quizzes & Social	Tuesday	10am - 1pm	St Martin's Church Hall, Goresbrook Road, Dagenham RM9 6UX
Social Club Crafts, Games & Social	Wednesday	10am - Midday	Parkside Community Centre, 176 Goodmayes Ln, Ilford IG3 9PP
Social & Crafts Crafts, Games & Social	Wednesday	10am - 1pm	St Martin's Church Hall, Goresbrook Road, Dagenham RM9 6UX
Social Club Social, Games	Wednesday	12.30pm - 2.30pm	Thames Community Hub (Previously Sue Bramley) Bastable Ave, Barking IG11 0LH
Social Club Games, Quizzes & Social	Wednesday	2pm - 4pm	Rose Lane Community Centre, Rose Lane, Dagenham, Romford RM6 5NJ
Social Club Crafts, Games & Social	Thursday	10am - Midday	La Salette Church Hall, 1 Rainham Road, Rainham RM13 8SP
Social Club Games, Quizzes & Social	Thursday	10:30am - 12:30pm	St Martin's Church Hall, Goresbrook Road, Dagenham RM9 6UX
Social Club Games, Quizzes & Social	Thursday	11:30am - 2pm/ 11.30am - 4pm	New Avenues Social Club, 231 Dagenham Road, Dagenham RM7 0TP
Social Club Games, Quizzes & Social	Friday	11am - 1pm	Heath Park Community Centre Rusholme Ave, Dagenham RM10 7PR