

Are you over 50?

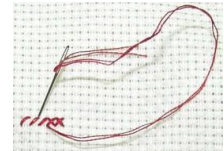
Feeling creative?



Then why not take part in Great Yarmouth Older Peoples Networks....



Participate & Celebrate



Arts & Crafts Creative competition

Entries accepted on the theme of



MOVEMENT



Interpret in any way you want

In any medium you want:



Photography

Knitting

Sculpture

Painting

Anything!



Call Rachael Hardie 01493 743042

For more details on how, what and when to enter

# Knit & Natter!!

**Knitting is making a comeback!!!!!!**



Don't miss out  
on a  
New knitting group!



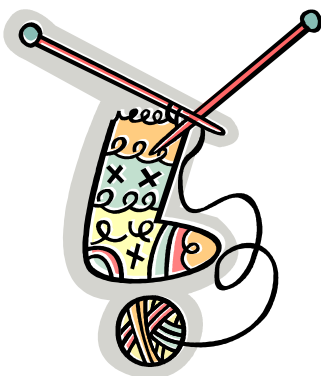
Come along and share, learn or revisit an old  
hobby!!

**Fridays**  
**2-4pm**

*50p for  
refreshments  
and biscuits*

Noble Hall  
Priory Centre

Call Rachael 01493 743042  
for more details



# Christmas Friends Fiesta!

Want to come along for a free social evening?

No one can have too many friends!

Are you over 18?

So come and meet some new ones, and maybe bring your old ones too!



Priory Centre

Noble Hall

Thursday 15<sup>th</sup> December

6pm – 9pm



Refreshments (alcohol free zone)

Disco and Karaoke

\*Pot luck buffet

*“\*A gathering of people who contribute food to share with a group”*


Contact Rachael Hardie for more details

01493 743054

[rachael-hardie@gyctrust.co.uk](mailto:rachael-hardie@gyctrust.co.uk)

# Christmas lights special

**Wednesday 30<sup>th</sup>  
November  
from 5pm.**

 With special  
winter warmers 

Naughty but Nice Hot  
chocolate

Seasonal Vegetable soup

Hot Filled baguettes

Homemade Cakes



## Prices

One course - £7.00

Two Courses - £9.50

Three Courses - £11.50

Tea/Coffee & Mince pie  
included with each of these  
options

Wine £2.50 a glass or £9.00  
a bottle

## Christmas specials

at the Priory Cafe

*Pre-booked meals only*

Thursday 15<sup>th</sup> & 22<sup>nd</sup> December  
5pm - Last orders 7.30pm

Sunday 11<sup>th</sup> and 18<sup>th</sup> December  
12 noon - Last orders 2.30pm

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## Traditional Christmas Menu

Soup of the Day

Or

Prawn Cocktail

...

Roast Turkey or Pork

Or

Bulgar Wheat & vegetable Parcel (V)

All main courses served with roast potatoes,  
Yorkshire pudding & seasonal vegetables.

...

Christmas Pudding with cream or custard

Or

Apple Crumble with cream or custard

Or

Ice Cream with sauce and wafers

...

Tea or Coffee with Mince pies

Fully Licensed

Call Karen on  
01493 743042

To book a table or party

*Please note shareholders discount does not  
apply to Christmas specials*

# The over 25's youth club

is an all inclusive group for adults  
Come along and join in with some exciting and fun  
activities including –



Arts and crafts  
Lots of different board games  
Wii  
Table tennis



And much more, or you could bring your own activity!

If you want something a little gentler then you can read  
the daily newspapers on one of our comfy sofas or  
challenge yourself to a crossword or Sudoku puzzle.

We are a friendly social group and everyone is welcome.  
Bring your friends, family members or carers too, have  
some time to yourself or make some new friends.

There are also seasonal activities throughout the year  
such as picnics in the summer and Christmas parties!  
All this for just 50p!!! Including limitless refreshments and  
biscuits!!!!



Every Friday – 2pm-4pm  
In the Noble Hall, Priory Centre  
Call Rachael Hardie for more details on

01493 743042  
rachael-hardie@gyctrust.co.uk

## **CHEW** Cooking for Beginners

5 free sessions covering everything from chopping veg..... to cooking casseroles and crumbles!

***We provide all the food & a free recipe book***

Cookery classes are offered throughout the year across the Great Yarmouth and Waveney area.

Everyone welcome, please contact us to find out more!

 01493 743020

### **Volunteering with Whoops a Daisy**

Gardening is a great way to relax  
Support others to create their own Mini Garden

- Become a trained volunteer

Contact Joleen Dawson the  
HAPPI/Whoop's a Daisy Project  
Co-ordinator on  
Telephone: 01493 743000

Looking for work?

Priory Employment Network  
Contact Tony 01493 743043

**Go On Pass IT On**  
Could you become a digital champion?

If you have good computer skills, patience and enthusiastic you would make a great Digital Champion

Call Jim Edmonds for more details  
01493 743023

.....  
**Interested in completing some free workshops?**

Contact John for more details on 01493 743023

### **Do you want to.....**

- Get more active?      • Make healthy food choices
- Maintain a healthy weight?      • Feel re-energized?
- Or simply improve general health and wellbeing?

If the answers yes to one or more of these goals, then the Life 4 Life programme is for you!

Call Life 4 Life on Freephone 0800 023 4798

Please take one

# Are you over 50?

**It's great to be more active!!**

Helps your health & wellbeing

But can be challenging?

Call us to see how we can help

And have fun on the way with  
our dedicated volunteers!



**Ageless Opportunities**

Adding years to your life  
& life to your years

PR  RY  
GREAT YARMOUTH  
COMMUNITY TRUST

## **A unique opportunity to have a specially developed toolkit just for you!**

The *Ageless Opportunities Toolkit* will help you:

- Appreciate and understand why it is important to be active
- Create and implement your own bespoke activity package
- Track your own progress
- Inspire yourself and others to become active
- Vary your activities to keep it stimulating and interesting
- Ensure you can have access to other local services

There are various pieces of information that you can refer to and organise how active you would like to be, also a set of questionnaires to complete to track of your progress through time and note any impact that being more active has had on your health and wellbeing. Using the toolkit can also help you to choose how to spend your personalised budget or direct payments.

# **Contact**



**Rachael Hardie**

**Ageless Opportunities project Coordinator**

**01493 743042**