Meetings at the Purbrook Centre on 2nd & 4th Thursday every month at 11.00 am

Meetings subjects include

In House Activities

Visiting speakers

Theatre trips

Outings

Lunches

We are always looking for new speakers, so, if you know any-one or have seen someone who maybe of interest please let us know. Better still, if you have their contact details that would great.

Dates for your Diary 2024

January 11th & 25th

February 8th & 22nd

March 14th & 28rd

April 11th & 25th

May 9th & 23rd

June 13th & 27th







Capstan Group 2023 Programme



Purbrook Centre Stakes Road Purbrook PO7 5LX





<u>July</u>

13th Bingo



(11.00-1.00)

27th Trip Long Acre Garden Centre



(collection time TBC)

<u>August</u>

10th Strawberry Lunch



(12.00-2.00)

24th Speaker

(11.00-1.00)

<u>September</u>



14th Quiz

(11.00-1.00)

28th Denbies Vineyard

(collection time TBC)



12th Speaker— Dave Allport (11.00-1.00)

26th Trafalgar Lunch



(12.00-2.00)

November



Bake Off

(11.00-1.00)

23rd Introducing, Who are we and what have we done? (11.00-1.00)

December

14th Christmas Lunch

12.00-2.00)





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