

## OCTOBER 2025

Fri 3<sup>rd</sup> Rolling Quiz  
Sun 5<sup>th</sup> Moby Golf Competition  
Fri 10<sup>th</sup> House of Games  
Sat 11<sup>th</sup> Meal Out  
Sun 12<sup>th</sup> Committee Meeting  
Fri 17<sup>th</sup> Linkee  
Sat 18<sup>th</sup> Graham's Birthday  
Sun 19<sup>th</sup> Bedrock Radio Charity Quiz  
Fri 24<sup>th</sup> Out Night  
Sat 25<sup>st</sup> Docklands Museum/ Walk & Pub  
Fri 31<sup>st</sup> Spooky Night

### REGULAR EVENTS

**Pub of the Week.** Sundays, at a local pub, with a monthly quiz night at 8pm. See Trev for details.

## NOVEMBER 2025

Sat 1<sup>st</sup> Meal Out  
Fri 7<sup>th</sup> Sherry's Quiz  
Sat 8<sup>th</sup> EFOG Quiz  
Fri 14<sup>th</sup> Paul's Mystery Night  
Sun 15<sup>th</sup> Bowling Completion  
Fri 21<sup>th</sup> Family Fortunes  
Sat 22<sup>nd</sup> Di's Birthday  
Tue 25<sup>th</sup> Pub Quiz\*  
Fri 28<sup>th</sup> Out Night/ Elise's Birthday  
Sun 30<sup>th</sup> Fran's Birthday

### REGULAR EVENTS

**Pub Quiz\*.** Prince of Wales, Green Lane, Ilford on Tuesdays at 8.30pm  
**Other Events.** Listen to announcements for details of meeting places and times.

## DECEMBER 2025

Fri 5<sup>th</sup> Board/ Card Games  
Sat 6<sup>th</sup> Programme Planning  
Sun 7<sup>th</sup> Pub Lunch & Walk  
Fri 12<sup>th</sup> Down The Tube  
Sat 13<sup>th</sup> Pub Night  
Sun 14<sup>th</sup> Cinema Trip  
Fri 19<sup>th</sup> Christmas Social  
Sat 20<sup>th</sup> Christmas Meal  
Thu 25<sup>th</sup> Christmas Day  
Fri 26<sup>th</sup> Boxing Day/ Out Night  
Wed 31<sup>st</sup> New Year's Eve

### FUTURE EVENTS

11<sup>th</sup> January 2026 - Pool Competition  
23<sup>rd</sup> - 26<sup>th</sup> Jan 2026- WASH Holiday  
Please speak to the committee if you've an idea for an event.

## The Local Groups

**Barking & Dagenham** The Beacon Tree,  
Tuesdays Green Lane, Dagenham

**Barnet** Discovery Hall, Stevenson Close,  
Sundays Netherlands Road, New Barnet

**Havering & Romford** The Golden Lion,  
Wednesdays High Street, Romford

**Kings Lynn** Orb & Sceptre, Wootton Road,  
Tuesdays Kings Lynn

**Kent** The Barn Pub, 1 Lonsdale Gardens,  
Tuesdays Mount Pleasant Rd, Tunbridge Wells

## REDBRIDGE PLUS

is for anyone between the age of 18 & over, who wants to socialise, make new friends and is partial to the odd disco, party, live band, quiz, sports tournament, social event, or anything else they may feel like doing.

We have a full programme of events with a wide range of activities during the week and at weekends. We are part of a national network of groups and members. It is non religious, non profit making, non political and run by its members.

Full membership is only £20 (£10 for new members) per year and weekly subs are usually £2. The first night is free to new members who are allowed a trial period of 1 month before deciding if they wish to join.

For more information about Redbridge Plus contact any member of the committee, or email us at [webmail@redbridge18plus.org.uk](mailto:webmail@redbridge18plus.org.uk)

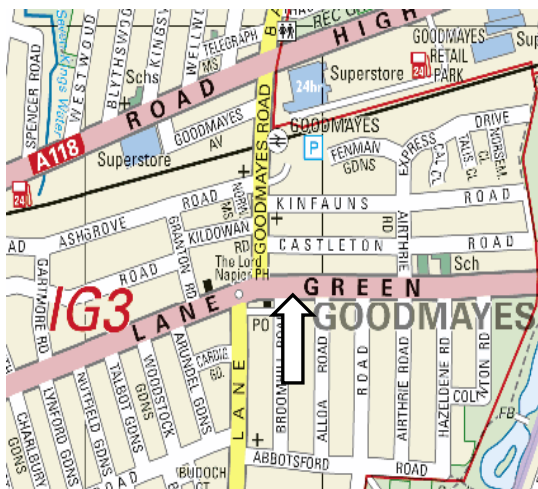
## REDBRIDGE PLUS

Part of National Federation of Plus Areas



## PROGRAMME October – December 2025

### MAP



### THE COMMITTEE

Chair Francesca Barclay 020 85541364

Publicity Elliot Barclay

We need more talented people on the committee. See above for positions available or speak to committee members.

### Meet Fridays at 8.30pm\*

Goodmayes Community Centre,  
616C Green Lane, Ilford

Moving to a local pub at 10 p.m.  
(\* Last Friday of the month is usually an out night.)

For more details see the website  
[www.redbridge18plus.org.uk](http://www.redbridge18plus.org.uk)

follow us also on  

Scan Me

