

## JULY 2024

Fri 5<sup>th</sup> Beetle Drive  
Sat 6<sup>th</sup> Pub Night  
Sun 7<sup>th</sup> Committee Meeting  
Mon 26<sup>th</sup> Online Meeting  
Fri 12<sup>th</sup> Sherry's Night  
Sat 13<sup>th</sup> Pizza Night  
Sun 14<sup>th</sup> Valentines Park Walk  
Fri 19<sup>th</sup> Games Night  
Sat 20<sup>th</sup> OxTrail (Oxford)  
Tue 23<sup>rd</sup> Pub Quiz Night\*  
Fri 26<sup>th</sup> Out Night  
Sat 27<sup>th</sup> Karaoke

### REGULAR EVENTS

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

## AUGUST 2024

Fri 2<sup>nd</sup> Jelly Baby Olympics  
Sat 3<sup>rd</sup> Evening Stroll & Pub  
Fri 9<sup>th</sup> Fran's Mystery Night  
Sat 10<sup>th</sup> Seaside Trip  
Mon 12<sup>th</sup> Online Meeting  
Fri 16<sup>th</sup> Down the Tube  
Sat 17<sup>th</sup> Pub Night  
Fri 23<sup>rd</sup> Crystal Maze  
Sat 24<sup>th</sup> Meal Out  
Mon 26<sup>th</sup> Bank Holiday  
Tue 27<sup>th</sup> Pub Quiz Night\*  
Fri 30<sup>th</sup> Out Night

### 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.

## SEPTEMBER 2024

Sun 1<sup>st</sup> Museum Trip  
Fri 6<sup>th</sup> Fran's Quiz  
Sun 8<sup>th</sup> Programme Planning  
Fri 13<sup>th</sup> Paul's Mystery Night  
Sun 15<sup>th</sup> Canal Day  
Fri 20<sup>th</sup> 50<sup>th</sup> Birthday Party  
Sat 21<sup>st</sup> Meal Out  
Sun 22<sup>nd</sup> Elliot's Birthday Drink  
Mon 28<sup>th</sup> Online Meeting  
Tue 24<sup>th</sup> Pub Quiz Night\*  
Fri 27<sup>th</sup> Out Night  
Sun 29<sup>th</sup> Moby Golf Competition

### FUTURE EVENTS

TBC December - Christmas Meal  
24<sup>th</sup> - 27<sup>th</sup> January 2025 - WASH  
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

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

## REDBRIDGE 18 PLUS

is for anyone between the age of 18 & 65, 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 (£15 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.

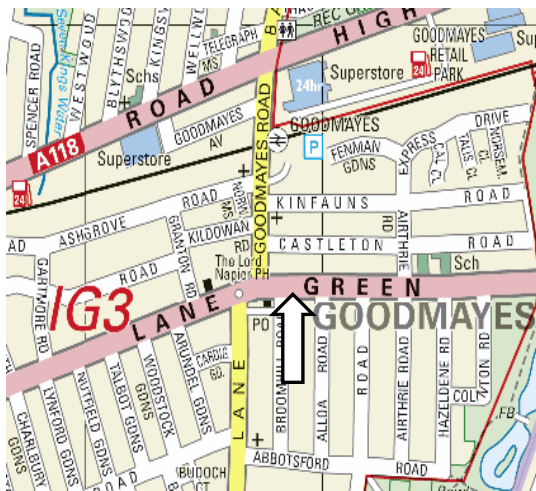
For more information about Redbridge 18 Plus contact any member of the committee, or email us at [webmail@redbridge18plus.org.uk](mailto:webmail@redbridge18plus.org.uk)

## REDBRIDGE 18 PLUS



## PROGRAMME July – September 2024

### MAP



### THE COMMITTEE

Chair Francesca Barclay 020 85541364

Co- Chair  
& Treasurer Trevor Eley 020 85530947

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)

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