

APRIL 2026

Fri 3rd Good Friday/ Out Night
Sat 4th Martin P's Birthday
Sun 5th Easter Sunday
Mon 6th Easter Monday
Fri 10th Impossible
Sat 11th EFOG Quiz
Fri 17th Linkee
Sat 18th Meal Out
Sun 19th Bluebell Walk
Fri 24th Spring Break/ Out Night
Sat 25th Spring Break
Sun 26th Spring Break

REGULAR EVENTS

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

MAY 2026

Fri 1st Family Fortunes
Sat 3rd Museum Trip
Mon 4th Bank Holiday
Fri 8th Themed Music Quiz
Sat 9th Chris's Birthday
Fri 15th Board/ Card Games
Sat 16th Charity Quiz
Fri 22nd Paul's Mystery Night
Sat 23rd Band Night
Mon 25th Bank Holiday
Fri 29th Out Night
Sat 30th Pub 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.

JUNE 2026

Fri 5th Music Quiz
Sat 6th Edgar's Birthday
Sun 7th Valentines Park
Fri 12th Martin D's Quiz
Sat 13th Museum Trip & Walk
Sun 14th Programme Planning
Fri 19th House of Games
Sat 20th Meal Out
Tue 23rd Pub Quiz
Fri 26th Out Night
Sat 27th Pub Night
Sun 28th Committee Meeting

FUTURE EVENTS

TBC July/Aug - Lions on the Loose
Epping/Harlow

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 £3. 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

REDBRIDGE PLUS

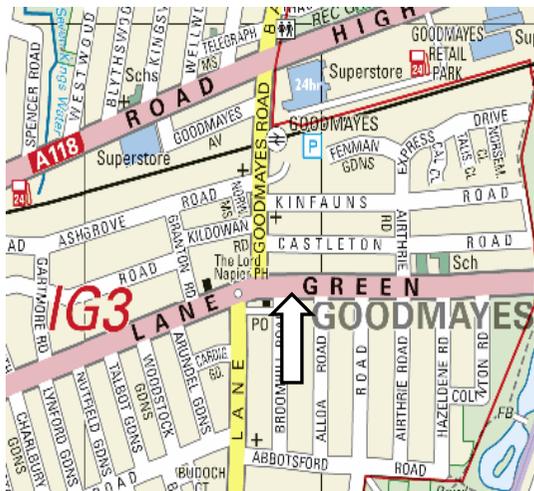
Part of National Federation of Plus Areas



PROGRAMME

April – June
2026

MAP



THE COMMITTEE

Chair Francesca Barclay 020 85541364

G.C.M. 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

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