

Springboard Activity Calendar

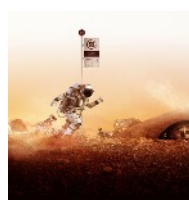
January 2020

Mon	Tues	Wed	Thu	Fri	Sat	Sun
		1	2	3	4	5
6	7	8 <div>  <p>Day Trip to the Museum of Brands 10am-3pm</p> </div>	9 <div>  <p>Springboard Pub 6:30-8:30pm</p> </div>	10	11 Choir 11am-1pm  Lunch Club 1-2pm  Drop In 2-4pm 	12
13 <div>  <p>Bingo 5-7pm</p> </div>	14	15 <div>  <p>Barnet Museum and Lunch 10:30am-2:30pm</p> </div> <div>  <p>Bowling 7:30-9:30pm</p> </div>	16 <div>  <p>Walking Group Natural History Museum 10am-3pm</p> </div>	17 <div>  <p>Afternoon Tea 1:30-3:30pm</p> </div>	18	19 <div>  <p>Sunday Lunch 12:30-3pm</p> </div>
20	21	22	23 <div>  <p>Science Museum 10am-3pm</p> </div> <div>  <p>Cultural Evening: Chinese 5:30-7:30pm</p> </div>	24 <div>  <p>Scrapbook Memories 1:30-3:30pm</p> </div>	25	26 <div>  <p>Chinese New Year 11am-4:30pm</p> </div>
27 <div>  <p>Lunch and Cinema 1pm onwards</p> </div>	28	29 <div>  <p>Moving to Mars Exhibition 10am-3pm</p> </div>	30 <div>  <p>Springboard Meal 6:30-8:30pm</p> </div>	31		



Springboard January 2020

Bright Futures



8th - Day Trip to the Museum of Brands

Find out the history of your favourite products

Time: 10am - 3pm

Meeting and returning to the Barnet Mencap office.

Cost: £15

You will be travelling on public transport. Please bring a packed lunch or money for lunch,

Booking Essential

9th - Springboard Pub

Where: Claddagh Ring,
10 Church Road,
Hendon NW4 4EA

Over 18s only! Please bring ID if you have it

Time: 6:30-8:30pm

Bus: 143

11th - Choir: Rhythm in Barnet Singing Group

Where: Barnet Mencap office

Time: 11am-1pm

Cost: FREE

Booking Essential

11th - Lunch Club

Where: Barnet Mencap Offices

When: 1 - 2pm

Cost: £5 (pay on day)

Booking essential

11th - Drop-in

Where: Barnet Mencap Offices

Time: 2-4pm

Cost: FREE

13th - Bingo

Where: Barnet Mencap Offices

When: 5 - 7pm

Cost: £4 (pay on day)

Booking essential

15th - Barnet Museum and Lunch

A look into the history of the London Borough of Barnet

Time: 10:30am - 2:30pm

Meeting and returning to the Barnet Mencap office

Cost: FREE

Bring your Freedom Pass - you will be travelling on public transport. Please bring a packed lunch or money for lunch

Booking Essential

15th - Bowling

Where: Hollywood Bowl
N12 0GL

Meet at the Bowling Alley entrance

When: 7:30pm-9:30pm

Cost: £7.70

You may need extra money for refreshments.
Latest Pick-Up: 9:30pm

16th - Walking Group: Natural History Museum

Enjoy the world famous museum

Time: 10am - 3pm Meeting and returning to the Barnet Mencap office.

Cost: £5

Bring your Freedom Pass - you will be travelling on public transport. Please bring a packed lunch or money for lunch and refreshments.

Booking Essential

PLEASE NOTE THAT THERE IS A HIGH LEVEL OF WALKING WITH THIS TRIP

<p>17th - Afternoon Tea One of our popular Afternoon Tea sessions Where: Barnet Mencap office When: 1:30-3:30pm Cost: £8 (pay on day) Booking Essential</p>	<p>19th - Sunday Lunch Where: Five Bells, 165-167 East End Road, Finchley N2 0LZ When: 12.30 – 3pm Cost: Around £15 for a meal and a drink Buses: 143 Booking essential</p>	<p>23rd - Science Museum A trip to the interactive science museum Where: Meet at the Barnet Mencap Office Time: 10am-3pm Cost: £10 Please bring extra money for the gift shop, and a packed lunch or money for lunch. Booking Essential</p>
<p>23rd - Cultural Evening: Chinese Enjoy an evening learning about Chinese culture and eat some Chinese food Where: Barnet Mencap office When: 5:30pm-7:30pm Cost: £8 (pay on day) Booking Essential</p>	<p>24th - Scrapbook Memories Bring along photographs and other things that are important to you as we create a scrapbook you can take home - this is an ongoing project Where: Barnet Mencap Office When: 1:30-3:30pm Cost: £8 if you came to the last session (or £12 if this is your first session) Booking Essential</p>	<p>26th - Chinese New Year A trip into London to celebrate Chinese New Year Where: Meet at Barnet Mencap Office Time: 11-4:30pm Cost: £5 Please bring your Freedom Pass, a packed lunch or money to buy lunch and spending money Booking essential. PLEASE NOTE THAT THERE IS A HIGH LEVEL OF WALKING ON THIS TRIP</p>
<p>27th - Cinema Trip and Lunch A buffet lunch at Pizza Hut and trip to see a movie. Meet at 12, but film and end time TBC Where: Pizza Hut, Finchley Lido When: 1pm Cost: £7.95 for lunch, £5 for film plus money for refreshments (pay on day) Booking essential</p>	<p>29th - Moving to Mars Exhibition Explore what it would be like to move to Mars at the Design Museum Time: 10am - 3pm Meeting and returning to the Barnet Mencap office. Cost: £20 Bring your Freedom Pass - you will be travelling on public transport. Please bring a packed lunch or money for lunch, as well as shopping money. Booking Essential</p>	<p>30th - Springboard Meal: Al Fresco Italian Where: 1327 High Road, Whetstone N20 9HR When: 6:30-8:30pm Cost: Around £15 for meal and a drink</p> <p>Activities are for members only. All activities are wheelchair accessible. If you cannot attend a session you have booked, please let us know as soon as possible or you may be charged.</p>

To book: Tel: Project Support on 020 8349 3842
Email: bookings@barnetmencap.org.uk