

May - October 2024



O the SINCE 1810
ODDfeLLows
making friends, helping people

out & about

Making friends across King's Lynn and West Norfolk



Members at Downham Market Garden Centre.



Music



Art/Crafts



Theatre



Dining Out



Walks



Games



Day Trip



Meetings



Social



Talks



Coffee Morning/
Afternoon Tea



Quiz



Friendship Afternoon Tea Dance - Tuesday 24 September

Welcome to our latest edition of the Out and About, the events programme for the King's Lynn and West Norfolk Branches of Oddfellows. We are a group of friends brought together through our shared interest in socialising, making friends and helping people.

As the local Branch of a national membership organisation called the Oddfellows, we offer you a great opportunity to make new friends and enjoy a variety of activities. We also provide members with a range of advice and support services when you need them, see inside for details. We hold a wide range of events from our regular quizzes, days out, talks, walks and much more.

The list is endless and the choice is yours! If Out and About seems like just the thing for you and you'd like to find out more, please contact Alison Schultz (contact details above) who will be happy to have a chat.

We hope to see you at an event very soon! For more details about

Contact Details

For more details on any of the events listed contact

District Secretary: Alison Schultz

Postal Address: Oddfellows House
7 Lynn Road, Gaywood,
King's Lynn, Norfolk PE30 4PR

Assistant Secretary: Jonathan Schultz

Telephone: 01553 776030

Email: alison.schultz@oddfellows.co.uk

Opening Hours: Monday Tuesday and Thursday 9am-5pm. Tuesday and Thursday social events.

f Join our social network! You can find us on Facebook. You can now keep up-to-date with all the latest Oddfellows news for free through social media at Oddfellows King's Lynn

becoming a member and the wide range of benefits available, please call our membership team on **0800 028 1810** or visit our website at **www.oddfellows.co.uk**.

Regular Events

Dates can be found on the at a glance section.

Twalks (Walk and Talk with Friends)

Third
Monday of
the month

🕒 10.30am 🕒 Free

Ian Taylor has kindly agreed to continue with our walks for our members. Venue to be confirmed. Please contact Ian to where the walk will start and finish on 07880 806841.

Wellbeing Exercises

First
Tuesday of
the month

🕒 2pm 🕒 £3.50 per person

Wellbeing Exercises with Kate Lewis, a qualified instructor. Have a bit of fun whilst helping with your overall fitness and may be burn a few of those calories off with a lovely cuppa afterwards with friends. Reffley Community Centre, Reffley Hall, Reffley Lane, King's Lynn PE30 3EQ. Contact Susan on 01553 776030.

Quiz with Roger Williamson

Second
Tuesday of
the month

🕒 2pm 🕒 £1 per person

Come join us at Reffley Community Hall, where we will be in groups of four answering the question and having a giggle with a refreshing cuppa served afterwards. Reffley Community Centre, Reffley Hall, Reffley Lane, King's Lynn PE30 3EQ. Contact Alison or Roger on 01553 776030.



Bingo

Third
Tuesday of
the month

🕒 2pm 🕒 £3 per person

Bingo monthly with Jonathan Schultz as caller, so its eyes down and look in for your chance to win. Reffley Community Centre, Reffley Hall, Reffley Lane, King's Lynn PE30 3EQ. Contact Alison or Jonathan on 01553 776030.



Talks or Games

Fourth and fifth
Tuesday of the month

🕒 2pm 🕒 Free

On the fourth and fifth Tuesday we meet at Reffley Community Centre, Reffley Hall, Reffley Lane, King's Lynn PE30 3SF. We have a talk or games starting at 2pm and its free to join us. Contact Alison on 01553 776030.



Pentanque or French Boules

First
Wednesday
of the month

🕒 10.30am 🕒 Free

Kathy Cox has kindly said she's happy to run this event for our members. Come along to the Knights Hill Hotel and play this game on the shingle area. If you so wish, you can stay for lunch with friends after the game, just book your own table. Knights Hill Hotel, South Wooton, King's Lynn, Norfolk PE30 3HQ. Contact Kathy on 07932 422922 or Sandy on 07387 585459.

Thursday Events - Dates can be found on the at a glance section

Coffee Morning and Lunch at Wildfowler

First
Thursday
of month

🕒 11am

£ As per menu

We have decided to go the first Thursday of the month to the Wildfowler, where coffee



or tea will be served. Stay for lunch as they have an extensive menu. Wildfowler Public House, 28 Sutton Road, Terrington St Clements, King's Lynn PE34 4PQ. Contact Jonathan on 01553 776030.

Downham Coffee Morning and Lunch

Second
Thursday of
the month

🕒 11am

£ As per menu

Downham coffee morning has two venues, we alternate between Downham Market Home and Garden Store as well as Baytree at Hilgay. Why not have a look around the shop afterwards and lunch with friends. Alison will be there for coffee and to answer any question. Downham Market Garden Centre, Stonecross Lane, Bexwell, Downham Market PE38 0AD or Baytree of Hilgay, Steels Drove, Hilgay, Downham Market PE28 0QH. Contact Alison or Susan or Roger on 01553 776030.

Thaxters Coffee Morning and Lunch

Third
Thursday
of month

🕒 11am

£ As per menu

Coffee morning at Thaxters. Come along and order what you wish it may be breakfast or stay for lunch whichever you want. Thaxters Garden Centre, 51 Hunstanton Road, Dersingham, King's Lynn PE31 6NA. Contact Jonathan or Alison on 01553 776030.



Coffee Morning and Lunch at Globe Public House

Fourth
Thursday
of month

🕒 10.30am

£ As per menu

We have decided to go to The Globe Hotel, as its in the centre of town, easy access from bus and boat. Have breakfast, lunch or just a coffee, the choice is yours. The Globe Hotel, Tuesday Market Place, Kings Street, King's Lynn PE30 1EZ. Contact Jonathan or Alison on 01553 776030.

May 2024

TUES
28

Game of Hoy



2pm



Free



Ever played HOY before? It's a hybrid of bingo/cards. Come along and have some fun. Reffley Community Centre, Reffley Hall, Reffley Lane, King's Lynn PE30 3EQ. Contact Alison or Roger on 01553 776030.

THURS
30

Lunch with Alison at the Black Horse Inn, Castle Rising



12.30pm



£20



Alison has a menu for this beautiful venue. Book by Thursday 9 May. The Black Horse Inn, Lynn Road, Castle Rising, King's Lynn PE31 6AG. Contact Jonathan or Alison on 01553 776030.



June

TUES
25

Wills and Power of Attorney



2pm



Free



One of our members has agreed to come and talk to us about this subject of Wills and Power of attorney as the subject can be so difficult. Reffley Community Centre, Reffley Hall, Reffley Lane, King's Lynn PE30 3EQ. Contact Jonathan or Alison on 01553 776030.

THURS
27

Star of the West Meeting



7.30pm



Free



These are held in a public house and is ran by Albert Eaglen. If you wish to attend please let Albert know. The Green Man Public House, 1 Whiteplot Road, Methwold, Hythe, Thetford IP26 4QP. Contact Alison or Albert on 01553 776030.

June

FRI
28

Your Choir at The Corn Exchange

7pm

£ £15



This is a group of people including some members, coming



together to raise funds for the local Mind and the Pandora scheme in the area. Please support them as we have heard them and they are brilliant. Book by Saturday 1 June. King's Lynn Corn Exchange, Tuesday Market Place, King's Lynn PE30 1JW. Contact Jonathan or Alison on 01553 776030.

July

TUES
23

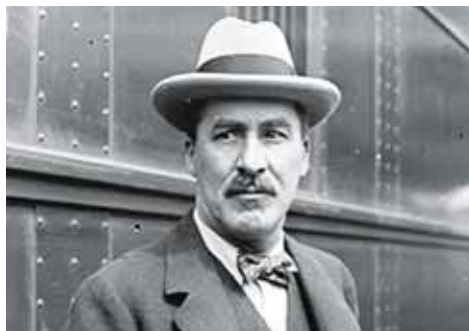
A Talk by Susan Gattuso on 'Howard Carter'

2pm

£ Free



A talk by Susan on Howard Carter, she was a British archaeologist who surveyed Egypt Howard Cater was from a generational family of artists who worked around the Norfolk town of Swaffham. Tea or coffee with biscuits will be served after. Reffley Community Centre, Reffley Hall, Reffley Lane, King's Lynn PE30 3EQ. Contact Jonathan on 01553 776030.



July

SUN
07

Annual Sunday Lunch

12.30pm

£ £30



Come along and have a Sunday lunch with Sandy Evans, our Provincial Grand Master (Chairperson). We will be collecting for her charity of the year. Book by Thursday 20 June. Knights Hill Hotel, South Wooton, King's Lynn, Norfolk PE30 3HQ. Contact Jonathan or Alison on 01553 776030.



July

TUES
30

Beetle Drive

L 2pm

£ Free



Come along and enjoy drawing a beetle. If you've never played before, it's a good game to learn. Reffley Community Centre, Reffley Hall, Reffley Lane, King's Lynn PE30 3EQ. Contact Jonathan or Alison on 01553 776030.

WED
31

Summer Hog Roast with Disco 50s 60s and 70s Music

L 6.30pm

£ Members £15
Guests £20



Hog Roast served via Van Pelts, followed by a disco playing 50s, 60s and 70s music. Enjoy each others company at this event and there be room on the dance floor to have a dance. A small business meeting will also be held first. Book by Thursday 18 July. Gaywood Church Rooms, Gayton Road, Gaywood, King's Lynn PE30 4DZ. Contact Jonathan on 01553 776030 or Sandy on 07387 585459.

August

MON
12

Coach Trip to Bressingham

L 9.3am

£ £25



Meet at Gaywood Tesco and join the coach to Bressingham. You will have a steam pass that allows you access to all and three sessions on the Gallops Book by



Friday 12 July. Contact Jonathan or Alison on 01553 776030.

Image by Geographer and licensed for reuse under the Creative Commons Licence.

TUES
27

A Talk by Don Mobley on 'The History of US Military Aviation in East Anglia'

L 2pm

£ Free



A talk from Don on 'A History of US Military Aviation in East Anglia'. This should be an interesting talk, as we have many US air bases around us. Tea or coffee will be served with biscuits. Reffley Community Centre, Reffley Hall, Reffley Lane, King's Lynn PE30 3EQ. Contact Jonathan on 01553 776030.

August

THURS
29

Lunch with Sandy at the Hungry Horse



12.30pm



As per menu



A booking has been made at The Hungry Horse in King's Lynn. A deposit of £5 per person is needed to secure your place with a pre meal order needed. Please ask Alison for the menu. Book by Thursday 1 August. Hungry Horse, Hardwick Road, King's Lynn, Norfolk PE30 5BB. Contact Sandy on 07387 585459.

September

ODDFELLOWS

FRIENDSHIP MONTH

1 - 30 SEPTEMBER



**FRIENDSHIP
MONTH
EVENT**
Invite a friend

TUES
24

**Friendship Afternoon
Tea Dance**



2pm



Free



Come along to Reffley and enjoy an afternoon tea with Richard Sexton playing his keyboard of Old time music. Listen to the music and reminisce. Enjoy the friendship. Tea or coffee with scones will be served. Reffley Community Centre, Reffley Hall, Reffley Lane, King's Lynn PE30 3EQ. Contact Jonathan or Alison on 01553 776030.



Join the fun in Friendship Month

Make someone's day and invite them along to share the friendship fun.

All welcome

ODDFELLOWS

FRIENDSHIP MONTH

1 - 30 SEPTEMBER



To see what's on and find out more about Friendship Month visit www.friendshipmonth.com

September

WED 25 **District Meeting with a Talk from Peter - Cheese and Bees**



Come along to this District meeting and stay and have a taster of cheeses from Peter and listen to his talk on local cheeses, with a small talk on honey too. Bring yourself a beverage too... maybe wine to go with cheese! Gaywood Church Rooms, Gayton Road, Gaywood, King's Lynn PE30 4DZ. Contact Jonathan or Alison on 01553 776030.

THURS 26 **Star of the West Meeting**



These are held in a public house and is ran by Albert Eaglen. If you wish to attend please let Albert know. The Green Man Public House, 1 Whiteplot Road, Methwold, Hythe, Thetford IP26 4QP. Contact Alison or Albert on 01553 776030.

October

TUES 22 **A Talk by Michael Aldis on 'King's Lynn as it was'**



A talk from Michael on 'King's Lynn as it was'. There be pictures and slides to see our wonderful town as it was. This will bring back memories for some of you. Tea or coffee will be served with biscuits. Reffley Community Centre, Reffley Hall, Reffley Lane, King's Lynn PE30 3EQ. Contact Jonathan on 01553 776030.

October

TUES 29 **Play Your Cards Right**



Join us for 'Play Your Cards Right'. Yes! We're going to play Bruce Forsyth's fun game. Come along for a giggle, that should be fun. Reffley Community Centre, Reffley Hall, Reffley Lane, King's Lynn PE30 3EQ. Contact Jonathan or Alison on 01553 776030.

THURS 31 **Breakfast with Alison at Freebridge Farm King's Lynn**



Menu available on asking Alison. We will arrive at 10am. Sit down come and enjoy a meal with friends. Book by Thursday 10 October. Free Bridge Farm Brewers Fayre, Clenchwarton Road, West Lynn, King's Lynn PE34 3LW. Contact Jonathan or Alison on 01553 776030.



Some of our past events...



Halloween witches.



District Meeting.



Seeing Santa at Hilgay Garden Centre.



Louie at Christmas lunch.



Baytree at Hilgay.



Members at the panto.



Mind at our Christmas lunch.



Wildfowler lunch.



Members at our Christmas lunch.



Our lovely Tea Ladies.



Panto.



Bingo.



Wiltshire Farm Foods.



Quiz by Roger.



Coffee morning at Wildfowler.



Susan Osborne and Roger presenting her with her Purple Degree.



Globe coffee morning.

Society-funded cancer research on track

The Centre for Cancer Immunology, current beneficiaries of the Society's HA Andrews Memorial Fund, recently received its second donation instalment.

The Centre, based at the University of Southampton, was chosen as the recipient of the £100,000 grant, split over three years, in 2022. The money is sponsoring the PhD studies of Nur Zainal, who is looking into a specific gene which it is believed can be manipulated to target cancer cells in a new vaccine.

Nur's first year

The first year of Nur's studies has been spent preparing for the execution of her PhD project over the next three years. She has been learning appropriate techniques, skills and procedures, as well as being introduced to theories and connecting with relevant research groups.

Nur, who travelled to the UK from Malaysia with her family to undertake the PhD, said: "I believe the invaluable experiences and knowledge I have acquired over the past year have equipped me to be a more productive and capable student."



Nur updating AMC last year

"I would like to extend my heartfelt gratitude to the Oddfellows for their support in making my studies possible."

On the right path

Some of Nur's work on 3D cell culture – growing cancer cells in a way that more closely resembles the environment they experience in our bodies than traditional 2D cell culture – is included in a manuscript which will be published in a major international journal, for which she will be listed as a co-author.

Dr Tim Fenton, Associate Professor in Cancer Biology, says Nur has "excelled during her first year", adding: "We hope that Nur's studies will lead to improvements in the design of cancer



Dr Tim Fenton

vaccines, which is a key theme in the work being undertaken at the Centre for Cancer Immunology here in Southampton."

HA Andrews Memorial Fund

The Fund provides financial support to UK-based medical research projects or organisations. For more information about the Fund, and how you can donate, go to www.oddfellows.co.uk/ha-andrews

Our fantastic four

Congratulations to 2023's First Degree Course Educational Awards winners. George, Benedict, Jamie and Charlotte will each receive £3,600 over the next four years of their respective university courses to help ease the financial pressures of student life and create opportunities.

George LeBon

Heart of Norfolk
Branch member

George began his studies at the University of Southampton in September 2023 – a four-year course in Computer Science with Cybersecurity.



His dream job is to become a “white hat hacker”, which he explained is someone who is “hired by companies to try and hack into their databases and report back the vulnerabilities”.

He says he and his family were overjoyed to discover he'd be receiving the funding and has thanked the Society, adding: “It will go towards buying textbooks so I can enhance my knowledge further and better understand the industry that I want to work in.”

Benedict Weis

Leodis Branch member

Benedict hasn't yet decided what his ideal future job role might be. He is studying Aerospace Engineering at Queen's University Belfast and hopes a career path might become clearer over the next few years.

Since starting in September 2023, Benedict has joined the University's rowing club and the money will help him pay for training camps and trips, which he says will allow him to study more effectively without worrying as much about his finances.



“I would like to thank the Oddfellows for the award and just to say how grateful I am for it,” he said.

Jamie Messett

Loyal Lord Byron
Branch member

Jamie started his first of four years of Chemistry at the University of Oxford's Balliol College in October 2023, and will put the money towards



learning materials. He would like his future to be in the pharmaceutical industry, but a PhD and a career in research is also a potential avenue.

He said: "Nobody should underestimate how valuable funding can be towards determining how well a student performs.

"I would like to thank everyone involved in helping me with this award, and also everyone involved with providing the funding."

Charlotte Stevenson,

Pride of Woolwich
Branch member

Charlotte started her four-year course in Physics and Philosophy at the University of Oxford's Brasenose College in October 2023.

She is hoping to do a PhD in astrophysics and then continue researching within the field beyond that.



The funding will allow her to take part in unpaid research programmes during university holidays, covering the cost of travel, accommodation and food, as well as contributing to the cost of textbooks and other resources. She said: "This award will be an immense help throughout my degree and I'm so, so grateful to have received it."

Grand Master (Chairman) of the Society, Barbara Needham, said: "Ordinarily, we hand out three First Degree Course Educational Awards each year, but such was the strength of the applications of this year's winners that we felt they all deserved the financial boost. "I'm delighted for all four of them, and I wish them every success over the next few years at university and beyond."

For more information and T&Cs, visit www.oddfellows.co.uk/educational-awards

Striving for a greener future

The Oddfellows is committed to being as green as possible. That's why we've been calculating and offsetting our annual carbon footprint since 1 April 2020.

Between 1 April 2022 and 31 March 2023, 106.38 tonnes of CO₂e was recorded as being produced through the operations of our Liverpool and Manchester offices and associated transport activities, which includes our financial services brand, Unity Mutual.

Although this figure is up 5.4% on the previous year, benchmarked against employee numbers, carbon emissions have remained almost constant (up 0.2%).



The Oddfellows' CEO, Jane Nelson, said: "Our focus is to keep learning through our assessments and to make incremental changes to the way we operate so we can bring our greenhouse gas emissions down and play our part in tackling climate change."

The Society's aim is to be Net Zero, where our carbon emissions are as low as possible. As a last resort, we have offset our 2022-23 carbon footprint by funding carbon dioxide-saving initiatives, including in Eritrea, Cambodia, Brazil, Bulgaria and India.

Jane added: "Climate change is real. It's the greatest environmental challenge we've ever faced. But there is hope, because we can all do something about it."

Investing in futures

Unity Mutual discovered a genuine interest in its children's savings accounts – a topic many grandparents and parents hadn't considered before – while at the 2023 Baby and Toddler Show in Manchester.

The Junior ISA (JISA), offered in partnership with Mini First Aid to include a free paediatric first aid course*, turned heads, especially when parents realised once they'd set it up, anyone could contribute.



Unity Mutual at the Baby and Toddler show

Unity Mutual's Head of Sales and Marketing, Abi Jones, said: "No more brainstorming gift ideas for that first birthday or Christmas – a shared investment in a secure future sparked enthusiasm. Because, sometimes, the best gifts are the ones that grow over time."

*T&Cs apply.



Oddfellows Members: Do you need help?

None of us know what is around the corner...

Local Care and Welfare Support

To request contact from a Welfare Visitor and for local help and information about Branch benefits and benevolence contact your Branch Secretaries on page 2.

Oddfellows Citizens Advice Line

Call 0800 0149 821*

(free to callers from any landline or mobile number)

Monday - Friday, 9.30am - 4.30pm

Email: oddfellows@citizensadvicemanchester.org.uk

Run by Citizens Advice for Oddfellows members, you can access free, confidential, independent advice on welfare benefits, money and debt issues, consumer problems, housing, fuel bills, employment issues and many other issues.

*The Oddfellows cannot provide legal advice and accepts no liability whatsoever for advice provided by Citizens Advice, which is an independent advice agency. If you have any queries about the advice you have received or wish to make a complaint then you should contact Citizens Advice directly. Citizens Advice operate a formal complaints process.

Care and Welfare Helpline

Call 0800 0149 822

(free to callers from any landline or mobile number)

Monday to Thursday, 9.30am - 4.30pm, Friday, 9.30am - 4pm

Email: care@oddfellows.co.uk

Run by the Oddfellows Care and Welfare Department, you can access information and guidance on issues such as accessing health and care services, supported housing, support for carers, and planning for later life. The helpline will try and identify any Oddfellows benefits or services in the community which may be of help to you.

**Visit our website page at www.oddfellows.co.uk/benefits/care
for care and welfare information**

At a glance - see pages 3 and 4 for regular events info

May 2024

Wed 1	Pentanque or French Boules with Kathy Cox	10.30am
Thurs 2	Coffee Morning and Lunch at Wildfowler	11am
Tues 7	Wellbeing Exercises with Kate Lewis	2pm
Thurs 9	Coffee Morning and Lunch at Downham Market	11am
Tues 14	Quiz with Roger Williamson	2pm
Thurs 16	Thaxters Coffee Morning and Lunch	11am
Mon 20	Twalks (Walk and Talk with Friends)	10.30am
Tues 21	Bingo with Jonathan Schultz	2pm
Thurs 23	Coffee Morning and Lunch at Globe Public House	10.30am
Tues 28	Game of Hoy	2pm
Thurs 30	Lunch with Alison at the Black Horse Inn, Castle Rising	12.30pm

June

Tues 4	Wellbeing Exercises with Kate Lewis	2pm
Wed 5	Pentanque or French Boules with Kathy Cox	10.30am
Thurs 6	Coffee Morning and Lunch at Wildfowler	11am
Tues 11	Quiz with Roger Williamson	2pm
Thurs 13	Coffee Morning and Lunch at Baytree of Hilgay	11am
Mon 17	Twalks (Walk and Talk with Friends)	10.30am
Tues 18	Bingo with Jonathan Schultz	2pm
Thurs 20	Thaxters Coffee Morning and Lunch	11am
Tues 25	Wills and Power of Attorney	2pm
Thurs 27	Coffee Morning and Lunch at Globe Public House	10.30am
Thurs 27	Star of the West Meeting	7.30pm
Fri 28	Your Choir at The Corn Exchange	7pm

July

Tues 2	Wellbeing Exercises with Kate Lewis	2pm
Wed 3	Pentanque or French Boules with Kathy Cox	10.30am
Thurs 4	Coffee Morning and Lunch at Wildfowler	11am
Sun 7	Annual Sunday Lunch	12.30pm
Tues 9	Quiz with Roger Williamson	2pm

At a glance - see pages 3 and 4 for regular events info

July

Thurs 11	Coffee Morning and Lunch at Downham Market	11am
Tues 16	Bingo with Jonathan Schultz	2pm
Thurs 18	Thaxters Coffee Morning and Lunch	11am
Mon 22	Twalks (Walk and Talk with Friends)	10.30am
Tues 23	A Talk by Susan Gattuso on 'Howard Carter'	2pm
Thurs 25	Coffee Morning and Lunch at Globe Public House	10.30am
Tues 30	Beetle Drive	2pm
Wed 31	Summer Hog Roast with Disco 50s 60s and 70s Music	6.30pm

August

Thurs 1	Coffee Morning and Lunch at Wildfowler	11am
Tues 6	Wellbeing Exercises with Kate Lewis	2pm
Wed 7	Pentanque or French Boules with Kathy Cox	10.30am
Thurs 8	Coffee Morning and Lunch at Baytree of Hilgay	11am
Mon 12	Coach Trip to Bressingham	9.3am
Tues 13	Quiz with Roger Williamson	2pm
Thurs 15	Thaxters Coffee Morning and Lunch	11am
Mon 19	Twalks (Walk and Talk with Friends)	10.30am
Tues 20	Bingo with Jonathan Schultz	2pm
Thurs 22	Coffee Morning and Lunch at Globe Public House	10.30am
Tues 27	A Talk by Don Mobley on 'The History of US Military Aviation in East Anglia'	2pm
Thurs 29	Lunch with Sandy at the Hungry Horse	12.30pm

September - Friendship Month

Tues 3	Wellbeing Exercises with Kate Lewis	2pm
Wed 4	Pentanque or French Boules with Kathy Cox	10.30am
Thurs 5	Coffee Morning and Lunch at Wildfowler	11am
Tues 10	Quiz with Roger Williamson	2pm
Thurs 12	Coffee Morning and Lunch at Downham Market	11am
Mon 16	Twalks (Walk and Talk with Friends)	10.30am
Tues 17	Bingo with Jonathan Schultz	2pm

At a glance

- see pages 3 and 4 for regular events info

September - Friendship Month

Thurs 19	Thaxters Coffee Morning and Lunch	11am
Tues 24	Friendship Afternoon Tea Dance	2pm
Wed 25	District Meeting with a Talk from Peter - Cheese and Bees	7pm
Thurs 26	Coffee Morning and Lunch at Globe Public House	10.30am
Thurs 26	Star of the West Meeting	7.30pm

October

Tues 1	Wellbeing Exercises with Kate Lewis	2pm
Wed 2	Pentanque or French Boules with Kathy Cox	10.30am
Thurs 3	Coffee Morning and Lunch at Wildfowler	11am
Tues 8	Quiz with Roger Williamson	2pm
Thurs 10	Coffee Morning and Lunch at Baytree of Hilgay	11am
Tues 15	Bingo with Jonathan Schultz	2pm
Thurs 17	Thaxters Coffee Morning and Lunch	11am
Mon 21	Twalks (Walk and Talk with Friends)	10.30am
Tues 22	A Talk by Michael Aldis on 'King's Lynn as it was'	2pm
Thurs 24	Coffee Morning and Lunch at Globe Public House	10.30am
Tues 29	Play Your Cards Right	2pm
Thurs 31	Breakfast with Alison at Freebridge Farm King's Lynn	10am

Booking and cancellations

Please remember the importance of early booking for all events to avoid disappointment or cancellation due to lack of support. Please note that a place is not guaranteed at any event until full payment has been received.

Join the conversation @OddfellowsUK

Find us at **f** OddfellowsKingsLynn

The Oddfellows is the trading name of The Independent Order of Odd Fellows Manchester Unity Friendly Society Limited, incorporated and registered in England and Wales No. 223F. Registered Office: Oddfellows House, 184-186 Deansgate, Manchester M3 3WB