



What's On - October 2026

(all activities in Mayfair, unless shown as HWBC – Health and Wellbeing Centre, or elsewhere)

For all activities, please call Mayfair on 01694 722077 for further information – unless separate contact details are shown.

This Month's Events		
Date	Day	Details
1.10.26	Thursday	2.00-3.30pm. Daytime Disco – all welcome. Free entry. Refreshments available to purchase.
4.10.26	Sunday	12 noon. Sunday Special Lunch at Mayfair. 3 courses, £20. Booking essential.
6.10.26	Tuesday	7.00-9.00pm. HWBC. Mayfair Quiz Night.
7.10.26	Wednesday	Ring & Ride morning shopping trip (Aldi/Percy Thrower's: Shrewsbury).
12.10.26	Monday	2pm-3pm. CoCo public talk. Energize – falls prevention etc. Followed by members' meeting.
14.10.26	Wednesday	Ring & Ride morning shopping trip (Sainsbury's: Meole Brace).
16.10.26	Friday	2.00-3.00pm. Vamos Theatre. Relaxed performance of 'Mischief!' . Booking essential. Refreshments available afterwards.
20.10.26	Tuesday	6.00-9.30pm. Mayfair Screening: Macbeth (RBO: Metropolitan Opera) .
21.10.26	Wednesday	Ring & Ride morning shopping trip (Sainsbury's: Meole Brace).
21.10.26	Wednesday	Eyes down at 7pm. BINGO in HWBC. Raising funds for CS Rotary and Mayfair.
27.10.26	Tuesday	1.30pm-3.30pm. Family Film: Minions and Monsters (U) (TBC)
28.10.26	Wednesday	Ring & Ride morning shopping trip (M&S: Shrewsbury).
29.10.26	Thursday	10.00-12 noon. Family Activity Session. Free.
29.10.26	Thursday	URC. 2.00-4.00pm. Hallowe'en Family Classical Concert. Tickets via StrettonKidsConcerts@outlook.com

Save The Date

Date	Day	Details
1.11.26	Sunday	12 noon. Sunday Special Lunch at Mayfair. 3 courses, £20. Booking essential.
1.11.26	Sunday	2.00-5.30pm. Mayfair Screening: Manon (RBO).
9.11.26	Monday	2pm-3pm. CoCo public talk. Followed by members' meeting.
11.11.26	Wednesday	Ring & Ride morning shopping trip (Ludlow: Tesco/Aldi).
15.11.26	Sunday	2.00-5.30pm. Mayfair Screening: Carmen (RBO).
18.11.26	Wednesday	Ring & Ride morning shopping trip (Sainsbury's: Meole Brace).
18.11.26	Wednesday	Eyes down at 7pm. BINGO in HWBC. Raising funds for CS Rotary and Mayfair.
25.11.26	Wednesday	Ring & Ride morning shopping trip (Sainsbury's: Meole Brace).
28.11.26	Saturday	Frost Fair (timings TBC).
6.12.26	Sunday	12 noon. Sunday Special Lunch at Mayfair. 3 courses, £20. Booking essential.
9.12.26	Wednesday	Ring & Ride morning shopping trip (Aldi: Shrewsbury).
13.12.26	Sunday	2.00-5.30pm. Mayfair Screening: The Nutcracker (RBO).
14.12.26	Monday	2pm-3pm. CoCo Christmas party.
16.12.26	Wednesday	Ring & Ride morning shopping trip (Sainsbury's: Meole Brace).
16.12.26	Wednesday	Eyes down at 7pm. BINGO in HWBC. Raising funds for CS Rotary and Mayfair.
11.01.27	Monday	7.00-10.00pm. Mayfair Screening: (National Theatre) (tbc)

Regular Weekly Activities

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Merrymakers Card Making 10.00-12.00pm 2nd and 4th Mondays of the month	Friendship Group 9.30-11.30am HWBC	Craft Café 10.00-12.30pm (re-starting 10 th September)	Shropshire Council Housing Support Drop-in 9.30am-1.30pm HWBC	Tai Chi 9.30-10.45am		
Crafty Folk 10.00-12.00pm 1st and 3rd Mondays of the month	Zumba Gold 9.30-10.15am	Chair Yoga 10.30-11.45 <i>Class currently postponed but a new class is being arranged. Call for details.</i>	Mayfair Health Walk 10.30am Good paths, some gentle gradients. No stiles. 60 mins max.	Mayfair Health Walk 10.30am Off-road, gentle pace, moderate gradients, few stiles. 1½–2 hours.		
Board Games 2.00-4.00pm	Upright & Active 10.30-11.30am	Mayfair Health Walk 10.30am - May include moderate slopes, steps, uneven surfaces, generally no stiles. Up to 90 mins.	Strength, Balance & Flex (standing) 11.00am-12.00pm	Mayfair Health Walk 10.30am - Off-road, moderate pace, mainly moderate gradients, some stiles. Up to 2 hrs.		
	Yoga with Jodie 10.30-12 noon	Mayfair Health Walk 11am - Gentle pace, paved or good paths, few gradients. 10–30 mins. HWBC	Strength, Balance & Flex (seated) 12.15-1.15pm	Friendship Group 2.00-3.30pm HWBC		

	Mayfair Health Walk 10.30am Off-road, faster paced, steep gradients, stiles. Approx. 2 hours.	Breathing Space Singing Groups 2.00-3.00pm Dementia friendly + carers.	Original art group (bring your own project) 2.00-4.00pm			
	Be Strong, Be Steady 12.15-1.15pm	Breathing Space Singing Groups 3.30-4.45pm Wellbeing group: supporting stress relief and chronic conditions.	Calmer Café 5.30 to 6.45 HWBC. Booking essential.			
	Youth Club (Juniors) 4.00-5.30pm Russell's Meadow Pavilion: term-time	Angela's Just Dance 5.00-6.00pm	Harmony In The Hills Community Choir 7.30-9.00pm			
	Eastern Mystique 5.00-6.00pm					
	Yoga with Becca 6.30-7.30pm					

Regular Support Groups

4 th Monday of the month 2.30-4.00pm	Parkinsons Support: support for members and carers, guests and visitors. Contact Hilary Bowman 07823 523696. <i>No longer meet at Mayfair – please contact Hilary for details.</i>
Every Thursday 9.30am-1.30pm	Shropshire Council Housing Support Drop-in: at HWBC. Help and guidance to prevent homelessness, apply for housing, tenancy arrears, managing a budget etc.
Every Thursday 5.30-6.45pm in HWBC	Calmer Café: For people who may be struggling with their mental health. A safe place to talk and receive support. Booking is essential. Call Mayfair on 01694 722077 and ask for Shaz, Janet or Nicola. Or email maysi@mayfaircentre.org.uk
2 nd Thursday of the month 2.00-4.00pm	Stroke Group: offering fun activities, a cuppa and socialising. Contact Jane Richmond 01694 658027 or Hilary Parker 01694 723419.
3 rd Thursday of the month 2.00–3.30pm	Carers Support: peer support group for unpaid carers and the people you care for.
1 st Friday of the month 10.00-12.30pm	Hearing loss support hub: advice and support for hearing aid care, hearing aid repair, battery collection. By appointment only. Contact 01743 342168.
Last Friday of the month 1.30-3.30pm	Shropshire Hills Sight Loss Support Group: Open to anyone experiencing sight loss and those affected by it. We offer a welcoming space to connect, share and meet, with an exciting programme of guest speakers. Info: Meredith Vivian 07794 348199. Meet in HWBC.

Daily Activities

[Digital Support Service](#) – Free, friendly support with IT issues and getting online. Book a one-to-one session: call Mayfair on 01694 722077 or email digital.support@mayfaircentre.org.uk

Coffee shop (HWBC): open 10.00-3.00pm Monday to Friday. Food served until 2pm.

Lunch hub: open 12.30pm Monday, Wednesday and Friday for roast lunches. Fish and Chips also available on Friday – delivery option available.

[Ring & Ride:](#) available 9.00-4.00pm Monday to Friday.

Mayfair Shop: open 9.00-5.00pm Monday to Friday. Selling handcrafted items, quality second-hand books, bric-a-brac.

[Creche:](#) flexible hours available. Please phone Mayfair. Pre-booking required.

44b's: ALD community day opportunities service.

[Mayfair Meals delivery:](#) daily between 12.00-1.00pm.

MAYSI & CoCo: information, practical help and befriending service to support independence.

The Beacon: Day activities, social opportunities and personal care promoting independence in a supportive, stimulating and homely environment.

Community Wifi: free Wifi accessible in both Mayfair and HWBC. Passcode at reception.

