

Membership Fee - £25

2nd September 2025– 31st August 2026

Please ensure membership is paid
before attending any activities

Membership forms are available from the office.
Membership subscription can be paid by one of the
following, cash, cheque, card or bank transfer.
For anyone wishing to pay their membership by bank
transfer the banking details are as follows:

Account Name: Moira Friendship Group

Bank Name: Ulster Bank, 18 Bow Street Lisburn

Account No: 10025972

Sort code: 98 10 75

Please remember to indicate your name
followed by Membership. Completed Membership
forms can be emailed to the office.

MOIRA FRIENDSHIP GROUP

Management Board 2025 - 2026

Tilly McMath
Pat Douglas
Muriel McCluggage
Janet Gamble
Fiona Holdsworth
Bert Simms
William Dillon
Yvonne McKinley
Tom Mackey
Phyllis Ervine
Judith Dickson
Trevor Blemings

Chairperson
Vice-Chairperson
Treasurer
Assistant Treasurer
Secretary
Assistant Secretary



Contact Details

If you would like any further information or would like
to enrol on any of the programmes

Please Contact:

Moira Friendship Group Office

Alison Bell

Friendship Group Co-Ordinator
Moira Friendship Group
C/o: St John's Parish Centre
Main Street
Moira BT67 0LQ

Tel: 028 92 612119

E-mail: office@moirafriendshipgroup.co.uk

www:moirafriendshipgroup.co.uk

Office Hours:

Monday 9.00am - 4.30pm

Tuesday 9.00am - 4.30pm

Wednesday 9.00am - 2.00pm

Thursday Closed

Friday 9.00am - 1.00pm

All Welcome



REGISTERED WITH THE CHARITY COMMISSION FOR NORTHERN IRELAND NIC101709



Programme of Events

September - December 2025



Moira Friendship Group is a cross community
group, and was formed in April 2002 to address
social exclusion and provide a platform to promote
friendship and wellbeing among the over 50's living
within the Moira area.

Moira Friendship Group (an initiative of St John's
Parish Church) facilitates a range of social, cultural,
recreational and physical activities which offer people
aged 50 + the opportunity to pursue a healthy, active
and positive lifestyle.





MOIRA FRIENDSHIP GROUP
FOR THOSE AGED 50+

YOU'RE INVITED

**ENROLMENT/
INFORMATION MORNING**
TUESDAY 2ND SEPTEMBER 2025
10AM - 1PM

We would be delighted to welcome anyone aged 50+ to join our diverse, inclusive group.

Come along and see what the Moira Friendship Group is all about and learn more about our activities.

[AT] ST JOHN'S PARISH CENTRE, MOIRA

Refreshments will be available on the day for purchase. ☎ (028) 92612119
🌐 www.moirafriendshipgroup.co.uk 📧 office@moirafriendshipgroup.co.uk



ageNI
Let's change how we age

Cyber safety workshops for older adult groups

MFG Cyber Safety workshop is on 6th November 10am - 1pm In St Johns parish centre.

More details to follow later...

Empowering older adults to improve their online safety.

www.ageni.org/cybersafetytraining
training@ageni.org | 028 9024 5729

DAY	ACTIVITY	DURATION	TIME	START / FINISH DATE
MONDAY	Keep-fit for Men with Duncan	15 weeks	9.15am - 10.00am	8 th Sept – 15 th Dec 2025
	Ladies Keep-fit with Claire	15 weeks	10.30am - 11.30am	8 th Sept – 15 th Dec 2025
	Bridge Bridge for Beginners	15 weeks	2.00pm - 4.00pm	8 th Sept – 15 th Dec 2025
TUESDAY	Painting Class	6 weeks (rolling)	10.30pm - 12.00pm	9 th Sept – 16 th Dec 2025
	Gentle Chair Based Exercises with Claire	15 weeks	10.30pm - 11.30pm	9 th Sept – 16 th Dec 2025
	Indoor Bowls	15 weeks	2.00pm - 4.00pm	9 th Sept – 16 th Dec 2025
WEDNESDAY	Keep-fit for Men (Claire)	15 weeks	9.15am – 10.15am	10 th Sept – 17 th Dec 2025
	Ladies Keep-Fit (Claire)	15 weeks	10.30am – 11.30am	10 th Sept – 17 th Dec 2025
	Pilates with Lesley Bell	6 weeks (rolling)	12.30pm – 1.30pm	Rolling
	Pickle Ball	15 weeks	1.30pm - 3.00pm	10 th Sept – 17 th Dec 2025
THURSDAY	Walking Group (separate programme)	For Further details Contact Moira Friendship Group Office 92 612119		First Thursday of month March - November
FRIDAY	Badminton	15 weeks	10.00am – 12.00pm	12 th Sept – 19 th Dec 2025
	Pilates with Lesley Bell	6 weeks (rolling)	9.30am – 10.30am	Rolling