



in County Durham

The Phab Aim

“To promote and encourage people with and without physical disabilities to come together on equal terms, to achieve complete integration within the wider community.”

DUNELM PHAB CLUB

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PROGRAMME SEPT. – DEC. 2009

- 5TH. Oct. Club Night Domino Tournament
- 12th. Oct. Trip Out **Bowling at Washington Bowling Alley.** Durham Bowling Alley has closed for good so to go bowling we must go to Washington. **The bus will leave the large car park at Aykley Heads at quarter to 7 and be back between 9 and 10 past.** Because of the job we have with the smaller County Durham bus, Paula will be taking names beforehand of those going to ensure we make sure we get everyone on the buses.
- 19th. Oct. Club Night Quiz so don't forget your brain!!
- 26th. Oct. Club Night Curling
- 2nd Nov. Trip Out **The Wicket Gate in Chester-le-Street**(Formerly Chicago Rock) We are **not organising a meal**, just going for drinks and a look at the makeover to think about going in the future for a meal. It is now a Wetherspoons pub so there will be food available for any one who wants chips etc. **The bus will leave the large car park at Aykley Heads at quarter to seven.** Again if possible we need to know who is going.
- 9th. Nov. Club Night Card Bingo
- 16th. Nov. Club Night Visit from the **Ladies who sing from the W.I.** who will have their 60's programme of music sorted by then to entertain us.
- 23rd. Nov. Trip out **Meal at The Garden House.** Those not on the bus please go straight to the pub
- 30th. Nov. Club Night Activities based on the fact that it is **St. Andrew's Day** so if you have a kilt, then please wear it as we do all things Scottish.

Saturday 5th. December – Xmas party. This year Stockton Phab will be hosting the Xmas Party with other Phab clubs and we will be going to a venue of their choice, Details will come to you nearer the time.

7th. Dec. Club night Christmas craft and activities night

Sunday 13th. December – Mamma Mia at Newcastle Arena – details of payment and times will come to you later.

This will be our last get together before the Christmas and New Year break.

5th. Jan. Club Night Open Planning meeting and Committee night.