



Health & Independent  
Living Support

Community  
Activities

# Cuffley Day Centre

70 Station Rd, Cuffley, Potters Bar, EN6 4EY



Our Cuffley Day Centre is a warm and inviting space where older and disabled members of the community can enjoy a variety of activities, entertainment, and a two course lunch.

**Days:** Monday to Friday

**Time:** 10am to 2pm

Activities can include:

- Sing-alongs
- Bingo
- Quizzes
- Arts and crafts
- Live music performances
- Chair-based exercise
- Days out to local sights



Call, scan the QR code, or visit our website for more information.

**Call:** 07747 286 193

**Call:** 0330 2000 103

**Email:** [hubs@hils-uk.org](mailto:hubs@hils-uk.org)

**Visit:** [www.hils-uk.org](http://www.hils-uk.org)



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