



## Tudor Club

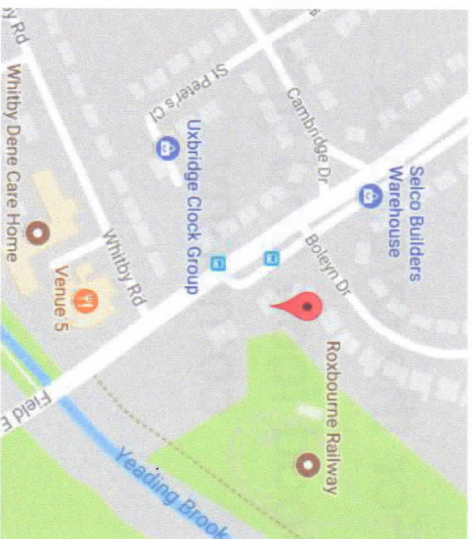
461 Field End Road, Eastcote

Tel: 020 8866 8603

[www.tudorclub.co.uk](http://www.tudorclub.co.uk)

(Opposite Venue Five)

Bus Route: 282



## Elm Park Club

Park Way, Ruislip Manor

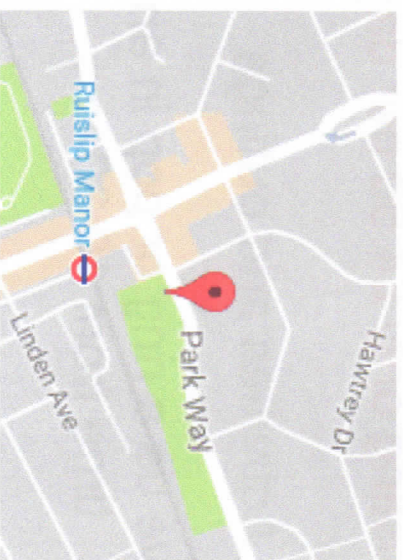
Tel: 01895 634962

[www.elmparkclub.co.uk](http://www.elmparkclub.co.uk)

(Opposite Tesco Express)

Bus Routes: 114, 398, H13

Club bus available



## Elm Park

&

## Tudor Club

*Luncheon clubs for the  
over 60s*

Ruislip Northwood Old Folks Association  
(RNOFA)



President:

**The Mayor of Hillingdon**

RNOFA established 1949

Registered Charity No 250776



For residents of the  
London Borough of  
Hillingdon

# Elm Park

&

# Tudor Club

Ruislip Northwood Old Folks Association

(RNOFA)



**£5 membership fee for a  
year provides:**

A 3 course home cooked lunch  
Monday to Friday

**Costing only £4.50 per day**

Activities and outings

Give us a ring or pop in any  
time from 10.30am



For the over 60s...  
Good food and great  
company