



Every Tuesday (2pm - 4pm)
commencing 11 October 2016

for the young at heart!



Bourne End Care & Activity Centre

Only £3
per session

Are you over 55? Like to feel fit, socialise and make new friends?

Activities / presentations **for the head**, exercise **for the body**, and light refreshments... Practical and fun ways to keep your mind, body and soul active!

For more information please contact: **Debra Shirley** on **01628 527024**
or email : debra.shirley@fremantletrust.org

Bourne End Care & Activity Centre
Wakeman Road
Bourne End
SL8 5SX



www.fremantletrust.org

A registered charity and not for profit organisation. (Registration No. 1014986).