



Active Retirement activities, workshops & taster classes

Active retirement workshops, activities and taster classes are a way for us to introduce new and beneficial activities to our older members and other older people in the local community. In order for us to provide activities that are of interest, please tick any of the options below that are of interest to you and return.

- Ancestry
- Art
- Bridge
- Computer classes
- Creative writing
- Day Trips: (favourite destinations – up to 3)

-
- Dominoes
 - Drama
 - Drawing with pencil or charcoal
 - Floral arrangement
 - Healthy hearts workshop
 - Laughter Therapy workshop
 - Line Dancing
 - Living with depression
 - Local history
 - Meditation
 - Public speaking
 - Quiz afternoons
 - Reminiscence
 - Salsa
 - Seated Exercise
 - Singing
 - Tai Chi
 - Weight management
 - Yoga
 - Zumba

Other

.....

Name Age

Address (optional)

Tel No

Email:

Would you like to be sent more information on what is happening in and around the Borough for older people? Y/N