

Club	Description	Date and Time
<p style="text-align: center;">Friendship &amp; Fun</p>	<p>2 games of prize bingo, (tickets sent by post, prizes delivered by Amazon), and a fun quiz! Everyone who joins is entered into a lucky duck race for a chance to win a bonus prize.</p>	<p style="text-align: center;">Tuesdays 1:30PM - 2:30PM</p>
<p style="text-align: center;">Virtual Bingo</p>	<p>3 games of prize bingo, (tickets sent by post, prizes delivered by Amazon). Everyone who joins is entered into the Wheel of Names for the chance to win a bonus prize.</p>	<p style="text-align: center;">Thursdays 1:30PM - 2:30PM</p>
<p style="text-align: center;">Chair Based Exercise</p>	<p>Join our fitness coach Jono for a chair-based exercise class based on full body strength and mobility exercises to help improve your everyday living. If you have any weights or resistance bands at home you can use them during the session, if not, just some canned food will work just as well.</p>	<p style="text-align: center;">Fridays 10AM - 11AM</p>

**Over 60s only.**

For more information on any of our clubs or to book a place (\*where necessary) please call our office on **01472 602500**.