

Active FOREVER^{CIC}

A RANGE
OF SPORT &
ACTIVITIES
FOR OLDER
PEOPLE



DO YOU WANT TO...

Make new friends
and meet people

Be more active
and feel fitter

Enjoy a good
friendly chat

Enjoy a lunch
in company



**STARTING WEEK
COMMENCING
14TH JANUARY 2019**

For further information contact:
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www.bookwhen.com/activefamilies
Facebook: Active Families North East CIC
Join our Facebook group: Active Forever

**£3.00
A SESSION
INCLUDING
LUNCH**

**DROP IN ANY
TIME NO NEED
TO BOOK**

**DIFFERENT
ACTIVITIES
EVERY
SESSION**

TIMETABLE (FROM MONDAY 14TH JANUARY)

MONDAY (ST GABRIEL'S CHURCH)

10.30am Tea/coffee and a catch up
11.00am - 11.45am Active Forever Circuit
12.00noon - 12.30pm Light Lunch

WEDNESDAY (BLUE WATCH YOUTH CENTRE)

10.30am Tea/coffee and a catch up
11.00am Yoga or 11.00am Active Forever Circuit
12.00noon - 12.30pm Light Lunch

FRIDAY (LAMBTON STREET YOUTH CENTRE)

10.00am Yoga or 10.00am Active Assisted Gym
10.45am Tea/coffee and a catch up
11.00am Walking Football or 11.00am Active Dance
12.00noon - 12.30pm Light Lunch



'I look forward to these sessions every week. It's made a big difference to my outlook on life.'



'We've had yet another wonderful Friday. Your staff make us feel so special. Thank you so much.'

'My husband and I have improved our mobility, health and well being. We have both made new friends and enjoy the healthy lunch together.'

MONDAY AT :

St Gabriel's Church
1 St Gabriel's Ave, Sunderland
SR4 7TF

WEDNESDAY AT :

Blue Watch Youth Centre
Burdon Lane, Ryhope, Sunderland
SR2 0HR

FRIDAY AT:

Lambton Street Youth Centre
Falkland Road, Sunderland
SR4 6XA

