

BANBURY

Free
Event

Celebrating

OLDER PEOPLE'S DAY

Wednesday 8 October

The Mill Arts Centre
Spiceball Park Road
OX16 5QE

9am – 1pm

FREE taster sessions:

9.30am–10am

Bollywood dancing

10am–10.30am

Intro to ballroom and Latin dancing

10.30am–11am

Tai Chi Chih

11am–11.30am

Yoga

11.30am–12pm

Reminiscence

12pm–12.30pm

Sing out for well-being

12.30pm–1pm

Join the beat

Nature activity

Blood pressure checks

Art session: pom poms

Electric Blanket Testing

(booking required - call
01865 519800 option 4
to book your
appointment)

Tea/coffee

Information and
advice from local
service providers

