

KIDLINGTON

Free
Event

Celebrating

OLDER PEOPLE'S DAY

Thursday 2 October

Exeter Hall
Oxford Road, Kidlington
OX5 1AB

9am – 1pm

FREE taster sessions:

9am–12pm

Blood pressure checks

9am–1pm

Junk journalling

10.30am–11am

Total tone 50+ exercise

12pm–12.30pm

Intro to ballroom dancing

Arts and craft
activities running
throughout the day

Enjoy a free cup of
Tea/coffee

Information and
advice from local
service providers

