

# Active Coffee Club



Friday  
10:00am-12:00pm

## Supporting the Local Community

All are welcome to meet up, sit for a couple of hours, enjoy a coffee, and take part in a quiz, a game of bingo, or even some gentle chair based exercise.

To book a place or find out more please call 01229 831425 or email [jjoel@ageukbarrow.org.uk](mailto:jjoel@ageukbarrow.org.uk)

Holiday Inn Express, Market St, Barrow-in-Furness, LA14 2LR

