



Chat Café

Tuesdays from 10am to 12pm

**Are you looking for somewhere to socialise,
chat away or even just listen?**

This is the group for you!

Stay as little or as long as you'd like

Open to all ages

Refreshments provided

COVID secure environment

Pop in and say hello!

015395 92814



Gentle Chair Exercise

Thursdays from 2pm to 3pm

**Are you looking for somewhere to socialise
and do some light exercise at the same time?**

This is the group for you!

Do as much or as little as you'd like

Open to all ages

Refreshments provided

COVID secure environment

Call the number below to find out more...

015395 92814

