ACA – BARNET COMMUNITY HUB FOR SENIOR CITIZENS EVERY FRIDAYS

TIME: 12:30PM TO 2:30PM

Tel:ACA 07903151159

ACTIVITIES: Healthy Living Lifestyles,



Keep fit classes, Leg and Hand Movements/Dance Movements to Music.

- hot drinks and snacks,- Games, Art and Craft classes, - Advice / information : housing/benefits/ finance /cost of living and energy advise.

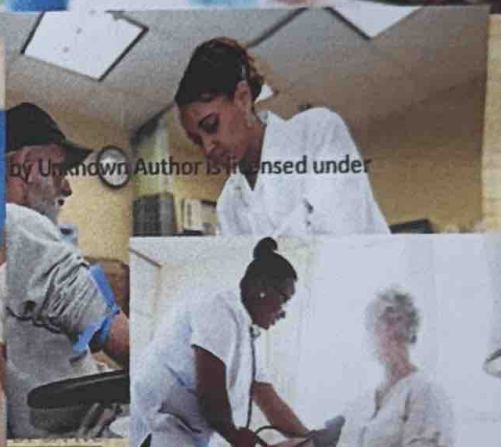
- Health Checks and many more.

- Befriending group chatting and making friends.

FREE! FREE! FREE!



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VENUE: HENDON METHODIST CHURCH, THE BOROUGH, HENDON, LONDON. NW4 4EH

Barnet Age UK

Barnet Community Fund

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