



Some photographs



from some of our Activities

KEEP FIT WITH INSTRUCTOR DEBBIE - SMILING WHILST STRETCHING



LINE DANCING – JOIN US FOR A FUN AFTERNOON



FRIENDSHIP PHOTOS

TAI CHI - RELAXED BREATHING WITH NICK



SQUARE DANCE - SMILES ALL ROUND.



Join an activity to make new friends & have some fun

YOGA - ENJOYING THE PHYSICAL BENEFIT OF YOGA WITH FRIENDS.



WOODWORK – SOME PHOTOS OF WORK COMPLETED.



Bin Store

Wheelbarrow Planter



Stocks made for Children's Charity