**Marlborough Scout Hall**

45 George Lane, Marlborough, Wiltshire, SN8 4BX

Fitness & Friendship clubs are social clubs for older people with an emphasis on keeping active. Sessions include gentle exercises, games, quizzes and Tai Chi with plenty of time for a chat over refreshments.

Dates for 2023 - alternate Tuesdays 2pm-4pm

February 21st August 8th & 22nd

March 7th & 21st September 5th & 19th

April 4th & 18th October 3rd, 17th & 31st

May 2nd & 16th  November 14th & 28th

June 13th & 27th December 12th

July 11th & 25th

**£5 per person**

New members always welcome.

Please contact our office or visit our website for more details.

Angela 0750 6836942

Email: fitnessandfriendship@ageukwiltshire.org.uk

[www.ageukwiltshire.org.uk](http://www.ageukwiltshire.org.uk)