

<b>THURSDAY ACTIVITIES</b> - taking place at - <b>St. Paul's Community &amp; Learning Centre</b> Hawbush Road, Brierley Hill DY5 3NL	<b>COST</b>
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<b>Exercise for All</b> 10.45am - 11.45am	Active exercise to music with <i>Mark Phillips</i> for all who like to push themselves. Seated or standing. Coffee Social after class.	£5.00
<b>Drama Group</b> 1.00pm - 2.30pm	Help to devise theatre projects, bring them to life & meet new friends along the way. Drama helps to inspire confidence and to utilise it in everyday situations.	£3.50
<b>Choir</b> 3.00pm - 4.00pm	Join our expanding choir and sing for pleasure. Singing helps improve lung function & overall immune system health. All voices and abilities welcome.	£2.50

### **BOUNCE BACK TRIPS**

The Bounce Back team arrange monthly day trips to places of interest across the UK for anyone, aged 50 or over. One convenient pick-up & drop-off point. Please drop in and pick up a programme or look on our Facebook page for the upcoming trips. For more information, call us on 07491 312825



**Payment must be made upon booking.**

**PLEASE NOTE:-** For all centre-based activities, an ANNUAL MEMBERSHIP FEE of £10 is payable. There will be monthly benefits attached within this scheme, such as prize draws, etc. for regular attendees.

**BOUNCE BACK...to health & happiness**

**ACTIVITIES PROGRAMME**

**For the Over 50's of the Black Country**

**Tel: 07491 312825 Email: bounceback2017@hotmail.com**

<b>MONDAY ACTIVITIES</b> taking place at - <b>Quarry Bank Community Centre</b> Sheffield St, Quarry Bank, Brierley Hill DY5 1EA	<b>COST</b>
<b>Men's Morning</b> 9.30am - 11.30am	Enjoy social activities such as cards, dominoes and chess with like-minded gentlemen. £2.50
<b>Exercise for All</b> 10.00am - 11.00am	Seated or standing aerobic movements to music with this fun friendly, young minded group. With <i>Tracie Woodall</i> . Coffee social after the class £5.00
<b>Line Dancing</b> 1.00pm - 2.00pm	With <i>Linda Jones</i> . Maintain your fitness whilst having fun. Solos and groups welcome. £5.00
<b>Stitch-in-Time</b> 2.00pm - 4.00pm	Make new friends over coffee whilst trying your hand at knitting, crochet and various other stitch crafts. £2.50
<b>Watercolour Art</b> 2.00pm - 4.00pm	Enjoy using various watercolour art techniques in a social atmosphere. Refreshments provided . £50 for 10 week course