

BANBURY

Celebrating

OLDER PEOPLE'S DAY

Wednesday 23 September

The Mill Arts Centre
Spiceball Park Road
OX16 5QE

9am – 1pm

Free
Event

FREE taster sessions:

9.30am–10am

Seated exercise with Claire

10:15am–10.45am

Bollywood class with Ranjini

11am–11.30am

Sign language with Vicki

11.45am–12:15pm

Ballroom dancing with Troy

12.30pm–1pm

The Hill's Sing Out choir

Join artist Anne-Marie Cadman to get involved in the Roses & Castles flag making project



Blood pressure checks

Electric Blanket Testing

(booking required - call 01865 519800 option 4 to book your appointment)

Tea/coffee

Information and advice from local service providers