

BICESTER

Free
Event

Celebrating

OLDER PEOPLE'S DAY

Wednesday 7 October

John Paul II Centre
Causeway
OX26 6AW

9am – 1pm



FREE taster sessions:

9am–10am

Seated exercise with Claire

10:15am–10:45am

Dance Creative

11am–11.30am

Sign language with Vicki (maximum
capacity 10)

11:45am–12:15pm

Ballroom dancing taster with Troy

Electric Blanket Testing

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

Tea/coffee

Information and
advice from local
service providers