

Celebrating life at an
older age!

FULL of LIFE celebration day!

Thursday

12 October 2017

2pm to 4.30pm

The Spire Poole High Street BH15 1DF

Come and help us celebrate with local over 55s groups and join in with a plethora of activities. There will be afternoon tea refreshments including sandwiches, fancy cakes and sparkling soft drinks. The event is **FREE** to all.

A timetable of activities will showcase the wide variety of exciting pursuits available in Poole, including:

- Silent yoga from Branksome Community Centre
- Poole Ukulele Pluckers and Strummers
- Sporting Memories
- Parkstone Art Group

