

KEEP WARM KEEP WELL OVER 50'S EVENT



Bootle Cricket Club
Wadham Road Bootle L20 2DD

Monday 2nd October 2017
10.30 am - 4pm

Information Stands From 10.30 a.m. till 12.30
Blood Pressure **Chair Based Exercise**
Healthy Food Demonstration
FREE GOODY BAGS **Massage**
Lunchtime light Refreshments

ALSO FREE TEA DANCE FROM 1.30 TILL 4.00 WITH:

Memory Lane, Bootle Bells, Ernie, and Our Very Own Elvis

Refreshments on Sale

Please contact on 0151 330 0479 or 07452 867 648
admin@seftonopera.org.uk for further details