

Are You Over 50?

- **Would you like to keep fit and healthy?**
- **Are you keen to learn new skills?**
- **Do you want to make new friends?**

**Then why not take part in one of
Age Concern's Activity Sessions?
There's something for everyone - look
inside to find out more!**

**For further details please contact Alison Hamer
Ageing Well Coordinator on 01254 266620
e-mail at Alison@ageconcernblackburn.co.uk**

**If Alison is out of the office you can leave a message for her and she'll
get back to you.**

MONDAY

What's on?	What time?	Whereabouts?
Tai Chi* <i>A gentle exercise to suit all abilities</i> <i>Small charge payable</i>	10.00—11.00	St. Mary's Court, Mellor
Nifty Fifties* <i>A gym, swim and exercise session</i> <i>£2.50 per session</i>	10.00—12.30	Shadsworth Leisure Centre
One to One IT tuition* <i>Tailored computer tuition to meet your needs</i> <i>No charge</i>	10.00—12.00 14.00—16.00	Age Concern 4 King Street Blackburn

* these sessions require pre-booking—01254 266620

TUESDAY

What's on?	What time?	Whereabouts?
Swimming Group* <i>An informal session for swimmers of all abilities (non swimmers welcome)</i> <i>No charge</i>	10.00—11.30	Waves Water Fun Centre
One to One IT tuition* <i>Tailored computer tuition to meet your needs</i> <i>No charge</i>	10.00—12.00	Darwen Resource Centre
Seated Exercise <i>A gentle session to suit all abilities</i> <i>No charge</i>	13.30—15.00	Barlow Institute Edgworth
Aromatherapy and Reflexology* <i>A range of treatments provided by a qualified therapist</i> <i>Price list available on request</i>	10.00—15.00	Age Concern 4 King Street Blackburn

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WEDNESDAY

What's on?	What time?	Whereabouts?
One to One IT tuition* <i>Tailored computer tuition to meet your needs</i> <i>No charge</i>	13.00—15.00	Darwen Resource Centre
One to One IT tuition* <i>Tailored computer tuition to meet your needs</i> <i>No charge</i>	15.00—17.00	Age Concern 4 King Street Blackburn
Painting Group <i>An informal group sharing their skills beginners welcome</i> <i>£1 per session</i>	13.00—15.00	Age Concern 4 King Street Blackburn
Line Dancing* <i>A fun way to keep fit</i> <i>£1 per session</i>	14.30—16.00	Oaksfield Darwen

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THURSDAY

What's on?	What time?	Whereabouts?
One to One IT tuition* <i>Tailored computer tuition to meet your needs</i> <i>No charge</i>	10.00—12.00 15.00—17.00	Age Concern 4 King Street Blackburn
One to One IT tuition* <i>Tailored computer tuition to meet your needs</i> <i>No charge</i>	15.00—17.00	Darwen Resource Centre
Thursday Walk <i>A gentle led walk through Sunnyhurst Woods for approximately 1½ hours</i> <i>No charge</i>	Leaving at 11.00	Falcon Avenue Darwen
Swimming Group* <i>An informal session for swimmers of all abilities (non swimmers welcome)</i> <i>No charge</i>	15.00—16.30	Daisyfield Pools Blackburn
Gym Session <i>Instructor led over 50's session</i> <i>£2.50 per session</i>	13.30—14.30	Regency Fitness Centre Waves Water Centre, Blackburn

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FRIDAY

What's on?	What time?	Whereabouts?
Aromatherapy and Reflexology* <i>A range of treatments provided by a qualified therapist</i> <i>Price list available on request</i>	10.00—15.00	Age Concern 4 King Street Blackburn
Tai Chi <i>A gentle exercise to suit all abilities</i> <i>£1 per session</i>	10.00—10.30	Bowman Court Larkhill Blackburn
Ten Pin Bowling* <i>A fun team game—not as hard as it looks!</i> <i>£3.00 per session</i>	12.30—15.30	Accrington Mega Bowl
Tai Chi <i>A gentle exercise to suit all abilities</i> <i>£1 per session</i>	16.15—17.00	Elizabeth House Darwen

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Age Concern Blackburn with Darwen offers a range of quality, flexible services for local older people:

- **Advice & Information Service**
- **Ageing Well Project**
- **Day Care**
- **Befriending**
- **Age Concern Insurance Services**
- **Age Concern Energy and other Trading Services**
- **Charity Shop (Darwen)**
- **Care Network**

For further details about any of our services please contact us at:

**4 King Street, Blackburn. BB2 2DH
Tel: 01254 266620**

**11 Union Street, Darwen. BB3 0DA
Tel: 01254 773440**

**www.ageconcernblackburn.co.uk
Email - enquiries@ageconcernblackburn.co.uk**

Can You Help Us?

As a local independent charity Age Concern Blackburn with Darwen is reliant on being able to generate our own funds in order to continue our work providing services to local older people.

We are always grateful for donations no matter how small, leaving us a legacy means that at some point in the future older people will receive the help they need and a donation in memory leaves a lasting effect.

If you think you can help support us please contact us at 4 King Street, Blackburn, BB2 2DH, Telephone: 01254 266620 or visit www.ageconcernblackburn.co.uk.