



MOIRA FRIENDSHIP GROUP

**FOR THOSE
AGED 50+**

TUESDAY 26TH AUGUST

TASTER MORNING FOR NEW MEMBERS



10:00am – 12:00pm – Badminton & Pickleball
(all abilities welcome; equipment provided)



10:00am – 12:00pm – Painting Class
(materials provided – all skill levels welcome)



10:00am – 10:30am – Men's Keep Fit Class
(gentle fitness tailored for men)



11:00am – 11:30am – Chair-Based Exercise
(gentle, accessible activity for everyone)



**No need to book –
just turn up and join in!**



**Join us for a Taster Morning to explore what
the Moira Friendship Group offers!**

**Moira Friendship Group is a welcoming social
and activity group for people aged 50 and over.
Come along to make new friends, get active,
and enjoy a fun morning!**

**[AT] ST JOHN'S
PARISH
CENTRE,
MOIRA**



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