



We offer a programme of activity sessions for the over 60's in our beautiful, bright room in the heart of Stratford upon Avon.

Chair Exercise

Weds 10th Jan 2018, 2pm to 3pm - Cost £5

A low impact exercise class you can enjoy sitting down!
Join us for Chairfit, a fun senior chair based exercise class designed for all abilities. Perfect for balance and strength. Followed by delicious refreshments and chat.

Singing for Fun & Wellbeing

Thurs 11th Jan 2018 , 2pm to 3pm - Cost £3

It's well known that singing raises your spirits. Join us for a rousing hour of popular song and movement. It doesn't matter if you are tone deaf – just come along and have fun! Followed by delicious refreshments and chat.

Please call 01789 262889 to book a place for either of these activities.

Elizabeth House, Church Street, Stratford upon Avon, CV37 6HX. Come through the first set of sliding doors into Elizabeth House. You will find us on the left hand side before the 2nd set of sliding doors.