



1-5 March 2010

FREE activities for the over 50s

- Archery
- Badminton
- Bowls
- Exercise to Music

- Folk Dancing
- Golf
- Health Checks
- Pilates

- Short Mat Bowls
- Table Tennis
- Walking

These activities will be on offer across the District at the following locations:

Canewdon Village Hall

Great Wakering Community Centre

Greensward Academy

Hockley Woods

The Hullbridge Centre

Hullbridge Community Centre

Rayleigh Leisure Centre

Lords Golf & Country Club

The Warehouse Centre

For full details of all the sessions taking place please see event leaflet or contact Mark Aldous, Rochford District Council Sports Development Officer
phone: **01702 318121** or
email: **mark.aldous@rochford.gov.uk**
web: **<http://www.rochford.gov.uk>**

All details subject to change