

NEW EVENT

'Keeping Active'

Thursday 23rd April - 10.00am-12.30pm

An active morning has been organised with
1 hour of **Tai Chi** followed by 1 hour of **Line Dancing**.

To be held at Kings Hill Community Centre.

There are 50 places available at a cost of £5.00 per person

Please book your place by emailing melanieblewer@gmail.com

As usual payment is preferably by bank transfer to our account at:

Account: KHAD U3A Number: 00025484 Sort: 40 52 40
Reference "active"

If you prefer to pay by cheque please send direct to our treasurer:

David Murray, 10 Crabtree Close, Kings Hill, ME19 4FR and made
payable to "Kingshill & District U3A"

*Throughout our lives, and particularly in our 'golden years',
I believe it is important to look after our minds and our bodies
~ to keep them flexible and agile and in tune with each other.
So, come and join me for a fun morning, keeping active.*

Melanie Blewer
Madam Chair