

Shoreham Activities and Services Form for older people

Activity/ Service	Venue	Day	Time	Cost	Link to your website (please give us the exact link)
Over 60's Group	Shoreham Village Hall	Alternate Wednesday (unless there is an outing)	2-4.00pm	£1	Shoreham Over 60s Club is a registered charity affiliated to Age Concern, Sevenoaks. It is for men and women over 60 years of age living in the parish of Shoreham but those living further afield can also join. The object of the club is primarily to provide a social outlet and support network and 'to promote the relief of older people in any manner which now is or hereafter may be deemed by law to be charitable'. .
Coffee Morning	Badgers Mount Memorial Hall	Thursday	10.30 -12pm	50p	www.bmra.info
Women's Institute	Badgers Mount Memorial Hall	2 nd Wednesday		£29 per year	www.bmra.info
Yoga Class	Shoreham Village Hall	Every Wednesday	1-2pm	£1	Funded by NHS West Kent and organised by Sevenoaks District Council with the Over 60's Club. Also open to non-club members as well. Phone Linda Wells, Organiser on 01959 524992 for more information about joining the Club or the Yoga Class.

