

West Kingsdown Activities and Services Form for older people

Activity/ Service	Venue	Day	Time	Cost	Link to your website (please give us the exact link)
Keep Fit	West Kingsdown Village Hall	Mon	2-3pm	£1.75	Lynda Harrison 01474 853286
Keep Fit	West Kingsdown Village Hall	Wed	11am – 12pm	£1.75	Lynda Harrison 01474 853286
Many other outings and trips including pub lunches, theatre trips, ten pin bowling etc.	Various	Various	Various	Various	Please contact Lynda Harrison for further information 01474 853286
Women's Fellowship	Baptist Church Hall	Thursday	2 – 3.45	None	Lynda Harrison 01474 853286
Wives Group	Baptist Church Hall	2 nd Wed of the month	7.30 – 9.30pm	£1 monthly	Lynda Harrison 01474 853286
WKIARA Garden Group	Baptist Church Hall	Last Friday in month	2 – 4pm	£3 p.a	Lynda Harrison 01474 853286

