

DOORS OPEN 10AM  
FOR BINGO, TEA + COFFEE WITH BISCUITS



**Extended exercise class**  
**from 11 - 12**      **£3.50**

**Cooked Lunch and Dessert**  
**from 12 - 1**      **£5**

(IF ATTENDING PLEASE CALL 07486938960, SO  
NUMBERS FOR FOOD PREP CAN BE TAKEN)



**EVERY TUESDAY STARTING FROM**  
**THE 27TH OF JULY**

**St Matthews Church , Birdbrook Road**  
**All Inquiries call: 07486938960**