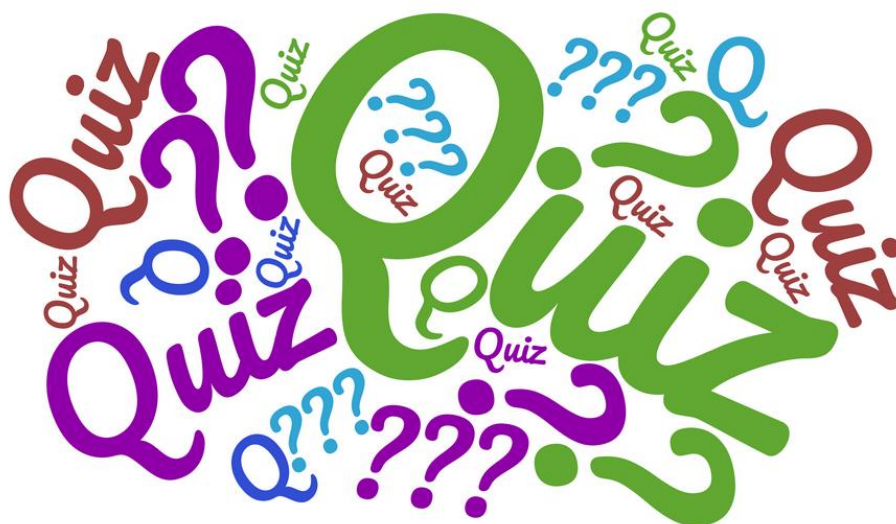


The Trustees are pleased to say that the new Charitable Incorporated Organisation has been established. The new CIO number is 1207530 and it is called Age Concern Eastleigh.



Join us for a fun afternoon at
2.00 pm on Tuesday 9th April
in the Main Hall

Teams of up to 6, Pay at the door,
members £2.50 - non-members £3.50
includes Tea and Biscuits

Office open: Mondays 12.00 noon to 4.00pm

Tuesdays 10.00 am to 12.00 noon

Wednesdays 10.00 am to 1.00 pm

Thursdays 1.00 to 3.00pm

Activities 2024

at 10 Romsey Road, SO50 9AL

023 8062 0275

Mondays:

1.30 pm to 3.30 pm, Social Tea Dance led by Mike and Sue; dancing, tea/coffee and biscuits. (*Bring your own cup/mug*).

Tuesdays:

10.00 am to 11.00 am, Fitness and Friendship with Ann; for those who want to have fun, improve their flexibility, and help reduce aches and pains.

2nd Tuesday of the month 11.30 am to 1.00 pm, U3A Kurling.

Wednesdays:

9.45 am to 10.30 am, Tai Chi to improve balance.

1.30 pm to 3.00 pm ACE Singers, no experience required, all abilities and warm welcome.

Thursdays:

10.00 am to 12.00 noon Kurling, for able/less abled bodied, great fun.

2.00 pm to 4.00 pm, Table Tennis, all welcome, no experience required

Foot health clinic, normally on Fridays, by appointment Ring 07825 554237. Discount for members.



Volunteers are still needed to help us keep the hall open.

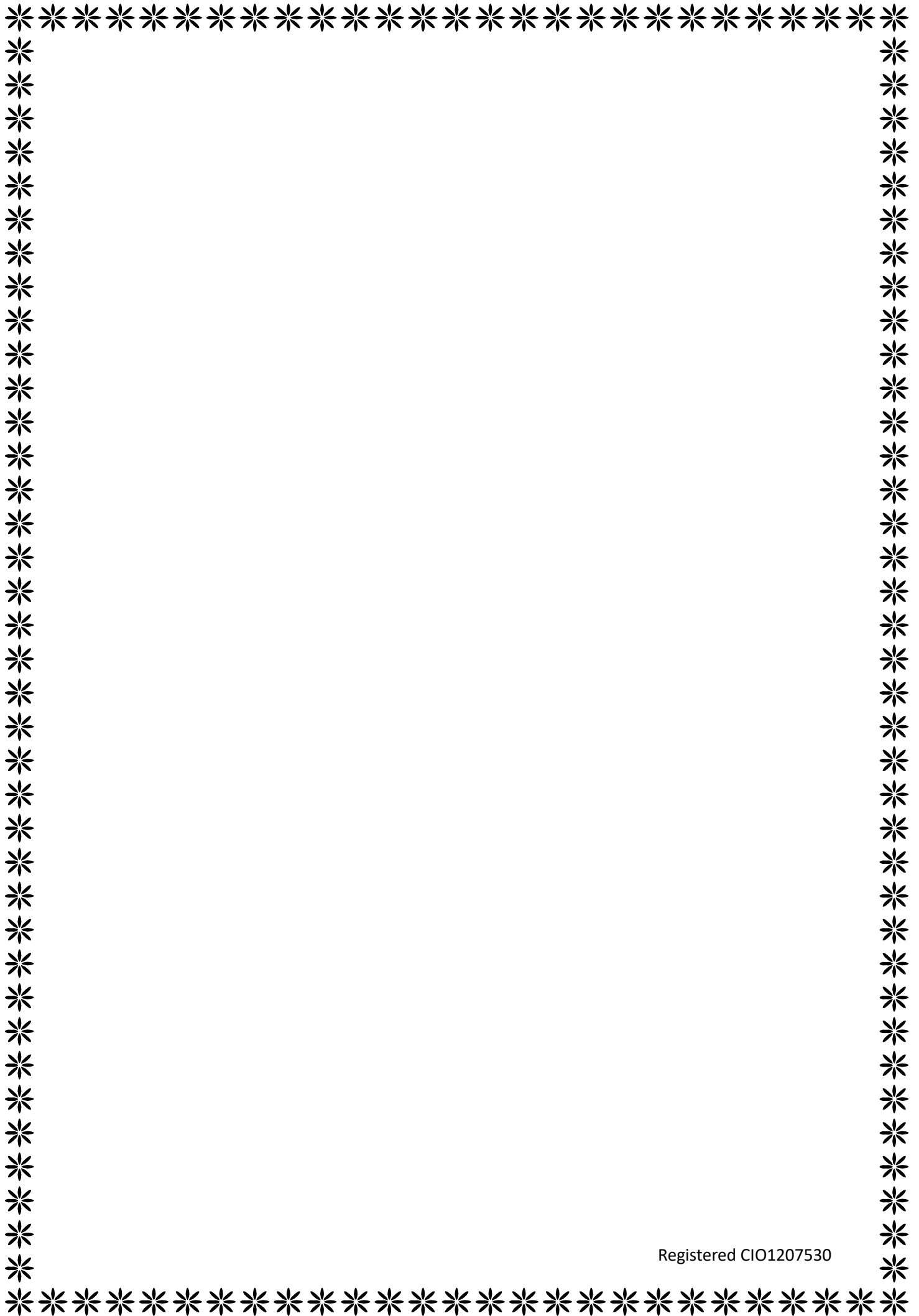
Do you know anyone who would like to staff our office?

Training sessions available. We would like help on Mondays from 9.30 am to 12.00 noon, Tuesday afternoons from 12.00 noon to 3.00pm and Thursdays from 9.30 until 1.00pm

Annual General Meeting

2.00 pm on Tuesday 23rd July 2024

The Trustees welcome applications from members to join the Board. More details from our secretary, Ursula on either secretary@aceastleigh.org.uk or 023 8062 0275



Registered CIO1207530