



# OPEN DAY!

SUNDAY 7<sup>TH</sup> NOVEMBER

10am - 4pm

Find out what is going on at Hesketh Bank Community Centre - enjoy a free tea/coffee, talk to our activity organisers, tell us what we might offer for different age groups and try something new.

Free Play All Day:                      Table Tennis

Demonstrations/Tasters:            10:30 Tai Chi  
    11:00 Zumba Gold  
    11:30 Circuits  
    12:00 Chair-Based Exercises  
    12:30 Martial Arts  
    13:00 Gardening  
    13:30 Ballet, Tap, Modern and Singing  
    14:00 Gymnastics  
    14:30 Country Dancing  
    15:00 Dog Training

Stands:    Community Futures    Childcare advice, mother & toddler, creche, holiday clubs and pre-school.

              Slimming World            Find out how you can look and feel great!

              Beconsall U3A                What can you do now that you're retired?

\*\*\*\* Bar open and Light Lunches available from 12noon \*\*\*\*