

THE REALLY USEFUL Café

WEST WIGHT
SPORTS and COMMUNITY
CENTRE

THURSDAYS 10 – 12

Join us for a cuppa and a chat at our new look
Thursday morning café!

Make new friends

Enjoy interesting speakers

Browse information stands

Get active with some gentle seated exercise

APRIL

2nd April - Parkinsons UK Information and Support

9th April - Coffee Morning Plus AGE UK Information Surgery

16th April - Pass It On - Advice on housing and care options

23rd April - Coffee Morning

30th April - Coffee Morning

£2

Includes a tea or coffee

Moa Place - Freshwater - IW - P040 9XH

01983 752168

www.westwight.co.uk

Charity 273334