

Neighbourhood Schemes

Improving health and wellbeing of people over 50 in Calderdale



Over 50?

Try something new!

Free taster classes for people over 50

Wednesdays 13th and 20th July	10 - 11 11.30 – 1	Keep fit Introduction to drawing	St John's Church, Bradshaw
27th July and 3rd August	10 – 11 11.30 – 1	Tai Chi Watercolour painting	Whitehill School, Illingworth
10th and 17th August	10 – 11 11.30 – 1	Dancing Knitting workshop – make a corsage	Whitehill School, Illingworth
24th and 31st August	10 – 11 11.30 – 1	Gentle yoga Cardmaking workshop	Whitehill School, Illingworth

These classes are suitable for all abilities – if you're not sure if it's for you, come along and give it a go!

Neighbourhood Schemes Team

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Calderdale
Council