

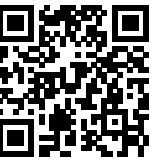
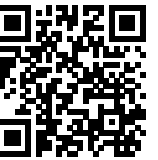
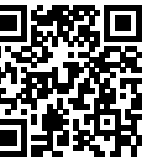


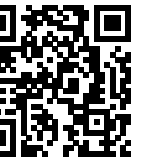




quotAnd Bend...quot - 29032016 (Royal Voluntary Service - Elderberries Club)



Location **South East, East Sussex**
<https://www.freeadsz.co.uk/x-290290-z>

The Royal Voluntary Service "Elderberries" club is a fortnightly meeting place for those over 55. By popular request, our meeting on Tuesday 29th March 2016, "And Bend..." has Rosie back with a repeat of her gentle chair-based exercise routine. Great for working off all those chocolates from Easter. Admissions £2 including refreshments. Meeting at Newhaven Day Centre, West Quay, Newhaven, BN9 9BP 1pm - 3pm. Transport can be provided by Royal Voluntary service for those who need it (a small charge will apply) .Call 01273

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