

Active Age Festival

Celebrate the Rio Olympics by joining in.....



*Keep Active in
Mind, Body and
Spirit!*



Queen's
Birthday
Tea

An
activities
day for
older adults



Saturday 11th
June
10am to
3pm

FREE taster
sessions,
workshops,
music,
dance



The **University
Riverside
Centre**,
Hylton Rd,
Worcester
WR2 6AJ

**FREE
ENTRY**

Bowls, Chess, Energy Healing, Golf, Information, Line Dance, Reminiscence, Strength & Balance Exercise, Solo Ballroom Dance, Tai Chi, Talks, Therapies, Walks, Zumba Gold,



0800 008 6077



www.ageukhw.org.uk

Malvern Gate, Bromwich Road, Worcester, WR2 4BN

Charity no: 1080545

Active Age Festival 2016



The 5th Active Age Festival, organised by Age UK Herefordshire & Worcestershire, with the support of the University of Worcester, the Sports Partnership Herefordshire and Worcestershire, and the Worcester U3A, will take place on Saturday 11th June.



SATURDAY 11th JUNE

10.00am – 3.00pm

UNIVERSITY RIVERSIDE CENTRE

113 HYLTON ROAD, WORCESTER, WR2 5JN

FREE ENTRY. GROUPS WELCOME

The Active Age Festival is a day for older adults. You can join in **free taster sessions** and workshops throughout the day. Starting at **10.00am** the day is packed with activities, demonstrations, entertainment and information. You can meet the clubs, groups and activities from the local area who welcome the 'over 50s', and have no upper age limit!



Keep active in mind, body and spirit.....

You can be a complete beginner, or returning to an activity you used to enjoy, or just looking for a group to join. **Try out activities** such as: Tai Chi, Indoor bowls, Indoor Archery, Table Tennis, Chess, Indoor Golf, Strength and Balance Exercise, Zumba Gold, Solo Ballroom Dance, Line Dance, Seated Dance, Energy Healing, Relaxation, Reminiscence Experience, and more!

Many **local clubs** and activity providers will be available to talk to such as: Worcester Model Engineers, U3A Worcester, County Sports Partnership, University of Worcester over-60s programme, Gaudet Luce Golf Club, Simply Limitless Wellbeing Centre, Walk for Health, and many more.

With inexpensive **refreshments and lunch** available throughout the day, you can **make a day of it**.

It is the **Queen's 90th 'Official' Birthday** on this day, so this will of course be celebrated with tea, cakes and entertainment in the afternoon. We are literally over the road from the River Severn where **Worcester's Royal flotilla** of 100 decorated boats will be sailing past in the afternoon. Local Ballroom dancers will close the day with a **'Come Dancing'** style performance (which guests from the audience will score!) **Groups are welcome.**

Any Activity 'taster' sessions are each 30-40 minutes long, and are run by experienced qualified instructors. Participation is encouraged by anyone aged over 50, and there is no upper age limit. Any health issues or concerns should be discussed with the instructor, and it is recommended that flat shoes and comfortable clothes are worn.

The Active Age Festival will be held at the **University of Worcester Riverside Centre on Hylton Road on Saturday 11th June 2016, 10.00am to 3.00pm**. More information is available from Age UK Herefordshire & Worcestershire, 01905 740950, or www.ageukhw.org.uk

ENDS

For further information call Bronwen Fragiotta at Age UK Herefordshire & Worcestershire

bfragiotta@ageukhw.org.uk web site: www.ageukhw.org.uk

Notes to Editors

Age UK Herefordshire & Worcestershire is the new name of Age Concern Herefordshire & Worcestershire. We are part of the 171 local independent charities affiliated nationally to Age UK. Our role is to create awareness on issues facing older people and to promote a positive attitude towards ageing. We achieve these aims by providing direct support and services, training to raise standards of care, and by acting as a voice for older people.

We provide information, advice and support services, and products. We also research and campaign on the issues that matter to people in later life. Our work focuses on five key areas: health and well being, home and care, money matters, work and training, and leisure and lifestyle.

Age UK Herefordshire & Worcestershire is a registered charity in England and Wales, number 1080545, and company limited by guarantee number 3942023.