



# Elderberries

## Over 60's Exercise Group

This weekly activity session offers the opportunity to socialise, have fun and be active all at the same time.

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**Venue:** Castle Green Leisure Centre,  
Gale Street, Dagenham,  
RM9 4UN

**Day:** Thursday – Starts 16 November 2017

**Time:** 6pm to 7pm

**Cost:** Free to Ageing Well Members  
£3.00 for non-Ageing Well Members

**Have fun, make friends, and move more!**

For more information please contact:

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