



## Brights Centre Open Week over 50s

7th - 11th November

**All sessions are free this week**

### **Monday 7th:**

11am-12pm Old time sing along.  
1-3pm Drawing & watercolour for beginners\*  
3.15- 4pm Board games/ cards

### **Tuesday 8th:**

9.30-10.15am Current affairs discussion  
10.30- 11.30am Zumba Gold\*  
1pm Bingo

### **Wednesday 9th:**

10-12pm Scone and Tea for 50p  
1.30-2.30pm Josh Dubovie (Eurovision song contest 2010)  
2.45-3.30pm Belly dance for beginners\*

### **Thursday 10th:**

10-11am Yoga for beginners\*  
1-3pm Floristry for beginners\*

### **Friday 11th:** 10am Talk by safer neighbourhood police.

1pm-2pm Elvis sing along.  
3pm Raffle.  
3.30 Arts and Crafts

**\* Please call and book for tasters marked with\***

### **Contact Us**

Age Concern Havering  
Brights Day Centre  
Brights Avenue  
Rainham  
RM13 9NN  
Tel: 01708 783720 / 783721  
[www.ageconcernhavering.org.uk](http://www.ageconcernhavering.org.uk)

### **Opening Times**

Monday - Friday  
9am - 5pm

Manager: Dawn Marcham

Registered Charity No: 1079969