

AGE  
Concern

SOMERSET

ageing  
well

Adding years to life—  
Adding life to years

Managed by

AGE  
Concern

## ACTIVITY SESSIONS

### FOR THE OVER 50s IN TAUNTON DEANE

Manager – Dianne Ramsay  
Telephone – 0845 643 4702

Age Concern Somerset in association with  
Somerset Primary Care Trust

What?	Where?	When?
<b>Exercise to Music (Chair Based)</b> with Michelle Golding	Victoria Rooms, Milverton	Mondays 2.30-3.30pm
<b>Exercise to Music</b> with Michelle Golding	Victoria Rooms, Milverton	Mondays 3.30-4.30pm
<b>Tai Chi for the over 50s</b> with Malcolm Droy	Norton Fitzwarren Village Hall	Wednesdays 2-3.15pm
<p>These sessions are priced at between £2.50 but, because of the kind support of the Royal British Legion, if you are an ex-serviceman or woman or a dependent of one, you may be able to attend for free.</p> <p>We also run free Flexercise (Chair Based Exercise) sessions at several venues in this area, please contact us for information.</p>		



FUNDED



**JUST TURN UP, PAY AS  
YOU GO AND MEET NEW  
ACQUAINTANCES**

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**FRIENDLY ATMOSPHERE  
AND VERY ENJOYABLE  
SESSIONS**

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**IF YOU CAN THINK OF ANY  
OTHER SESSIONS, WHICH  
YOU THINK MAY BE  
SUITABLE FOR THE OVER  
50S THEN PLEASE  
LET US KNOW**

**Why do we need 'Ageing Well'?**

People are living longer than  
ever before.

Although these extra years can  
bring many opportunities,  
ill-health can easily spoil them.

By encouraging older  
people to have a healthy  
lifestyle, Ageing Well aims to  
improve the quality of these  
extra years, ensuring that  
**"adding years to life" also  
means adding life to years"!**



**FOR FURTHER  
INFORMATION  
PLEASE CONTACT  
DIANNE RAMSAY  
ON 0845 6434702**