

LIVE LONGER BETTER – BEDFORD

Exercise & physical activity sessions aimed at 60yrs & over
Live an active life and stay healthy longer!



Wednesdays @ Bedford International Athletics Stadium
Barkers Lane, Bedford MK41 9SB (meet in reception)

Wednesdays from 7th September - 14th December 2022

DATE	TIME	CLASS/ACTIVITY	WHERE
7 th Sept - 14 th Dec	12:30 - 1:30pm	Line Dancing with Mike	Upstairs room
14 th Sept - 14 th Dec	2:00 - 2:45pm	Stretch, Strength and Balance	Upstairs room
7 th Sept - 14 th Dec	2:30 - 3:30pm	Table Tennis	Sports Hall

ALL SPORTS HALL ACTIVITIES TAKE PLACE 2:30PM - 3:30PM

7 th September	Badminton & Boccia
14 th & 21 st September	Putting - meet Ciaran at the Kiosk Russell Park at 14:30pm (table tennis at the Athletics track as normal)
28 th Sept & 5 th October	Short Tennis & Badminton
12 th October	Walking Hockey & Curling
19 th October	Walking Basketball & Boccia
26 th October	Badminton & Archery
2 nd & 9 th November	Short tennis (Coach from Riverside Tennis Club)
16 th & 23 rd November	Badminton & curling
30 th Nov & 7 th December	Pickle Ball & Badminton
14 th December	Christmas choice (must wear a silly hat !)

Cost £3 for just one activity or £5 for two sessions (take part in as little or as much as you wish)
 Check our website for more "Live Longer Better" sessions at other locations around Bedford
www.bedford.gov.uk/leisure-and-culture/sports-and-physical-activity/live-longer-better-bedford

For more information email

@ Alison.brightman@bedford.gov.uk

Turn Up & play - Pay on the day (cash only)



BEDFORD
BOROUGH COUNCIL



The maximum capacity indoors will be based on Government guidance and per venue restrictions / Covid risk assessment. Please observe social distancing at all times and observe the Covid guidance at the session. All details will be stored in accordance with GDPR policy.