

The Never Too Old Action Team
invites you to come along and celebrate the

UK Day for Older People

on Thursday 1st October 2009
at Bridgend Recreation Centre, 2pm - 5pm

- Aimed at 50+
- Indoor activities
- Outdoor activities
- Information points
- Advice stalls



For registration and further information please contact:
Stuart Burge-Jones on 01656 643529

See overleaf for details



Time	2 - 2.30pm	2.30 - 3pm	3 - 3.30pm	3.30 - 4.15pm	4.15 - 5pm
Sports Hall one	Exhibition Stand Holders	Exhibition Stand Holders	Exhibition Stand Holders	Exhibition Stand Holders	Exhibition Stand Holders
Sports Hall two	Tea / Coffee Rest Stop	Tea / Coffee Rest Stop	Tea / Coffee Rest Stop	Tea / Coffee Rest Stop	Tea / Coffee Rest Stop
Dance Studio	Low Impact Aerobics	Body Tone	Dance	Pilates	
Pool	Aquatherapy	Public swimming	Public swimming	Public swimming	Public swimming
Concert Hall	Closed	Tea Dance 45mins Phil Dando's Band	Closed	Tea Dance 45mins Phil Dando's Band	Bingo
Ogmore Cafe - talks and demo	How Can Telecare Help Me - Assistive Technology	Advice on Pensions Q+A		NPHS Cookery Demo	NPHS Cookery Demo
Lifestyle Suite	Cardio Gym Session	Cardio Gym Session	Cardio Gym Session	Cardio Gym Session	Cardio Gym Session
Outdoor	Nordic Walk		Nordic Walk		
Hydro Gym	Hydro Therapy	Hydro Therapy	Hydro Therapy	Hydro Therapy	Hydro Therapy
Health Suite	Steam Sauna Ice Room	Steam Sauna Ice Room	Steam Sauna Ice Room	Steam Sauna Ice Room	Steam Sauna Ice Room
Newbridge Suite	Tai Chi	Fitball	Tai Chi		

Activity	Description	Activity	Description
Exhibition and stand holders	Local organisations from Bridgend County	Tea Dance	Dance with Phil Dando's seven piece band
Tea / Coffee Rest Stop	Rest your feet and grab a cuppa	Cardio Gym Session	Try out on cycles, treadmill and xtrainer
Low Impact Aerobics	Low impact exercise to music	Nordic Walking	An enhancement of ordinary walking
Body Tone	Floor based exercise for toning muscles	Aqua Therapy	Hydrogym circuit session using exercise equipment in pool Setting
Dance		Hydro Therapy	Hydrogym circuit session using exercise equipment in pool setting
Pilates	Method to restore body balance	Steam Sauna Ice Room	Relax and treat yourself
Aquatherapy	Pool based exercise to music session designed to increase mobility	Tai Chi	Mind and body class for posture balance and flexibility
Public Swimming	Access to free swimming	Fitball	Core body muscle development using pilates balls