

Ryedale Forum *for* Older People

50+

Healthy Activities Programme

Ryedale Forum 50+ offers a range of activities which contribute to members' general health and well-being both physically and mentally.

These activities are restricted to registered Forum members only. There is a charge payable on attendance to cover costs.

Attendance at some activities may be limited due to capacity of venue.

Activity	Location	Time	Contact
Table Tennis Please bring or wear soft shoes	Ryedale Sports Club, Thornton Road, Pickering	Monday 14:00 - 16:00	Jean Wardman 01751 477778
Yoga	St. Peter's Church Hall, Norton	Monday 11:30 - 13:00	David Perks 01653 693305
Gentle Exercise	Ryedale Leisure Centre (Norton Indoor Bowling Club), Norton	Monday 14:15 - 15:15	Peter Hindmarch 01653 691263 or Melissa Huntsman 07738 287948
Keep-Fit	The Memorial Hall, Old Malton	Wednesday 9:30 - 10:30	Peter Hindmarch 01653 691263
Bowling Shoes and bowls provided	Norton Indoor Bowling Club, Norton	Thursday 10:15	Terry Wray 01653 693635

Walking Groups

Short walks are held most Tuesday mornings with longer walks on Fridays.

Programmes are issued in March and September for these activities.

Please contact Terry Wray 01653 693635 if you wish to join the walks or receive copies of the programmes.