## Silver Salisbury Programme

A programme of free events in and around Salisbury from 20th September to 13th October 2019

## Irene thanks all who have helped put the programme together including The Salisbury Scouts Five Rivers The Salisbury Health & Salisbury Museum Community Wellbeing St **Area Board** Centre John's Place Safer & The Salisbury Supportive Medical Practice/ Exeter All our Salisbury Three Chequers House volunteers Group Team Medical **Practices** Editorial Celebrating Support Wiltshire Age from Salisbury Creative Anne Design Library by Kirstie Pugh FR SALISBY Salisbury JER SUN Soroptomists CELLEL ANNO OLDER PRO Sadly we have been CREATING OLDER PROTES unable to arrange transport for our events. If this is a real problem for

you please ring 01722 323812

or email silver.salisbury@outlook.com

## 20th Sept to 13th Oct 2019

This programme has been co-ordinated by Irene Kohler, Older People's Champion for Salisbury, with the support of grants from the Salisbury City Council and Wiltshire Area Boards



A chance for older people to meet old friends and make new ones trying out a whole range of activities at many venues across the City and beyond

Get to grips with your mobile phone

Silver Cinema at the Arts Centre

Tai Chi to help with your balance

A Fun Day at the Guildhall

Playmaking at the Playhouse

Gentle exercise to keep You fit

and more...

Try out

Live Well

at the

Never

too old

to hear

a good

story

5 Rivers

Gym

Events are free, almost all are "just turn up" and usually there will be a cup of tea and cakes on hand.

silver.salisbury@outlook.com