



# Good Morning Gorgie

## ***Social Group for Older Adults 55+***

### Dates For your Diary



**Tuesday 11th April:** Gentle Exercise Class, St Martins Community Resource Centre, St Martins Church, Dalry Rd

**10.30am -11.15am FREE**

**Tuesday 18th April:** Meet up group, tea/coffee, light lunch , St Martins Community Resource Centre, St Martins Church, Dalry Rd

**10.00am—12.30pm FREE**

**Tuesday 25th April:** Local History Talk by Bob McCulloch at St Martins Community Resource Centre, Dalry Rd Light lunch served

**10.30am –12.30pm FREE**

**Tuesday 2nd May:** British Red Cross First Aid Training specifically for older adults , St Martins Church, Dalry Rd **10am– 1pm FREE**

**Tuesday 16th May:** Seeing Auntie Play, A one woman show delivered by Naomi Breeze. At St Brides centre ( booking required)

Contact Caroline at Health All Round on 0131 337 1376

or email [caroline@healthallround.org.uk](mailto:caroline@healthallround.org.uk) for more information on any of above.