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| --- | --- | --- | --- |
| **Day** | **Time** | **Activity** | **Venue** |
| Monday  £1.00 | 10.15 – 11.15 | Chair Exercise and Games | Lakeside Lodge |
| Tuesday  £1.00 | 10.00 – 11.00 | Movement to Music | Foundations,  Salters Lane North |
| Tuesday  £1.00 | 13.30 – 14.30 | Boccia | Foundations, Salters Lane North |
| Wednesday  £1.00 | 10.00 – 11.00 | Chair Exercise and Games | Willow Road Community Centre |
| Thursday  £1.00 | 13.30 – 14.30 | Chair Exercise and Games | Richard Court Community Centre |
| Friday  £1.00 | 13.30 – 14.30 | Games for Everyone | Foundations, Salters Lane North |

**Contact: movemore@darlington.gov.uk |** 01325 405400

**You can simply turn up!**