

The Northants 50+ Network are grateful for the support of Northamptonshire County Council, Northamptonshire NHS, South Northamptonshire Council, Age Concern, Towcester Centre for Leisure, SERCO, Northamptonshire ACRE and SNVB in helping to make this event possible.



*Please note:  
The programme content is subject to change!*

**For more information please contact:  
Pam Wilton on 01604 236805**

## **NORTHANTS 50+ NETWORK** formerly the Active Ageing Network

**“CELEBRATING ACTIVE AGEING”**

**A Free Event for the Over 50s**  
at

**The Towcester Centre for Leisure,  
Springfields, Towcester NN12 6UR**  
(next to South Northants Council Offices)

**1pm – 4.30pm**  
**Wednesday 20th May**

**Over 30 Information Stands**  
plus  
**Workshops and Activities**

From benefits, grants, care and health advice to line dancing; gardening to mobile phone surgery; digital cameras to Tai Chi; from Gentle exercises to Salsa dancing plus travel and holidays – everything that the over 50s want to do and know about. If you're over 50 or are caring for an older person, you are warmly invited to just come along and bring your friends too!

## **Programme**

1pm Grand Opening  
**Chair of South Northamptonshire Council**  
with Guest speaker **Bernie Keith - Radio**  
**Northampton**

### **Activities:**

#### **Entrance Foyer**

**1pm—4.30pm**     **Active Ageing Network Volunteers to greet and help you**

#### **Party Room**

**1.30pm-- 2.30pm**     **Mobile phone surgery**

**2.30pm—3.30pm**     **Computers & digital camera surgery**

– please bring your mobile phone or camera & leads with you to get free advice

**3.30pm – 4.30pm**     **'Older Peoples Forum' workshop by DOF (Daventry Over Fifties)**

### **Sports Hall—at the back!**

**1.30pm**             **Tai Chi**

**2.00pm**             **Gentle Exercises**

**2.30pm**             **Line Dancing**

**3.00pm**             **Afternoon Tea**

**3.30pm**             **Gardening Demonstration by The Bell Plantation**

**4.00pm**             **Salsa Dancing**

### **Sports Hall**

**1.00pm – 4.30pm**     **Complementary Therapies**

**1.00pm – 4.30pm**     **Information Stands to include:**

Northants 50+ Network (formerly Active Ageing Network) - Northamptonshire NHS - Age Concern - South Northamptonshire Council - Northamptonshire Sport – W.I - NCC Adult Care - U3A - WEA— SNVB - Care and Repair—Safe 'n' Sound - TADD— Royal British Legion Welfare team— Trading Standards— Energy Savings Trust—Whittlebury Golf Club—and many other interest and participatory groups.