

Silver Sunday

ON: SUNDAY 2 OCTOBER

WHEN: 10am – 4pm

**AT: GOLDEN LANE SPORT & FITNESS,
FANN STREET, LONDON, EC1Y 0SH**

**FREE ACTIVITIES AND FREE ENTRY
AT GOLDEN LANE SPORT & FITNESS
FOR OVER 50'S!**



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SILVER SUNDAY

CELEBRATING OLDER PEOPLE

The City of London Sport Development Team is delighted to be participating in this year's Silver Sunday event. The event is being staged to coincide with the International Day of Older Persons.

Silver Sunday will be a national celebration of the achievements and contributions that older people make to our society and to the economy. It will also support the campaign to challenge negative attitudes and outdated stereotypes.

To make this day special, a number of free events and activities will be hosted at Golden Lane Sport & Fitness.

TREATMENT ROOM

- Health MOTs (10-4pm)

GYM

- Free gym access all day

SPORTS HALL

- Table Tennis (12-2pm)
- Ballroom Dancing (2-3pm)

STUDIO

- Exercise class with Martina (1-2pm)
- Mindfulness and relaxation with Ahmet (3-4pm)

SWIMMING POOL

- Free swimming all day
- Aqua Physical (5-6pm)

RALPH PERRING ROOM

- Social activities
- Tea and Coffee

Young at Heart members - Bring a friend to sign up for the programme and you'll receive a month for free!