



**Holt & District  
Dementia  
Support Group**

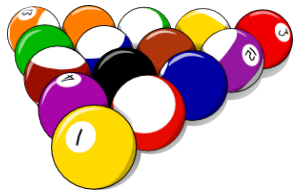


# Monthly SPORTS SESSIONS

at Holt Sports Centre, Kelling Road, NR25 6TX

**JOIN US on EVERY 3rd THURSDAY of the MONTH from 10.30 to 12.15**

The FREE sessions will provide opportunities to play

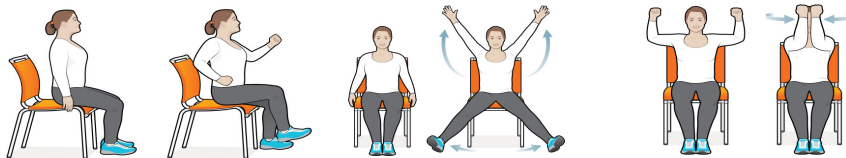
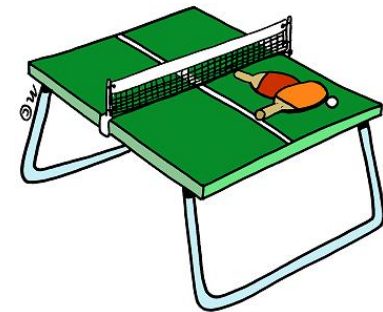


**POOL**



**MAGNETIC  
DARTS**

**TABLE TENNIS**



with sitting and standing exercise  
movement, led by Victory Sports.

**Coffee & biscuits. Contributions welcomed for H&D Dementia Support Group**

For further information please contact: [poppyplus@btinternet.com](mailto:poppyplus@btinternet.com) or Eleanor: Tel. No. 01263 710617

or visit our website: [www.holtdementiasupport.org.uk](http://www.holtdementiasupport.org.uk)