

Bethersden Physical Activity Programme for Over 50s

Ashford Borough Council is offering Bethersden residents aged 50 or over the chance to take part in selection of fun activities in the village.

The following sessions will be available every Thursday from
22nd April – 3rd June:

Health Walks

Activity: An active stroll all around the village or nearby locations

Where: Bethersden Village Hall Car Park, Forge Hill

Time: Meet 10.15am, and walk will commence at 10.30am. Each walk will last 45 minutes to 1 hour, unless otherwise stated.

Cost: Free

Indoor Sports

Activity: Try your hand at Boccia, New Age Kurling and Skittles

Where: Bethersden Village Hall, Forge Hill

Time: 1pm – 4pm unless otherwise stated

Cost: 50p per person

Archery

Activity: Learn about and practice archery

Where: Bethersden Recreation Ground, Forge Hill

Time: 6pm - 7pm unless otherwise stated

Cost: 50p per person



To try any of the sessions listed below, simply turn up on the day. These sessions are designed for the over 50s only, and require no special equipment or prior knowledge.



For more information, contact Christian Burwash
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