



# Celebrate Silver Sunday

Sunday 4th October

2 - 4pm

Langlee Community Centre, Galashiels TD1 2LP

An afternoon of activities and stalls for older adults

On the day there will be Line Dancing, Gentle Exercise and a Dance Session with Chalky Whyte for everyone to join in with and have some fun!

Stalls include Walk It, Safer Communities, Age Scotland and many more . . . .

*Donations welcome for the Margaret Kerr Unit, BGH*

**No need to book just come along**

Tea, Coffee &  
cake included

Tombola

For more information contact Jillian on 01835 825 080 or  
CommunityCapacity@scotborders.gov.uk

