



BRISTOL ROVERS
FOOTBALL
 IN THE
COMMUNITY

ExtraTime

supporting independence and wellbeing for older people



Exciting new programme for Autumn

Extra Time

**PHYSICAL AND SOCIAL
 ACTIVITIES FOR PEOPLE OVER
 60**

- Try lots of new activities
- Make new friends
- Reminisce and share stories
- All sessions run by qualified coaches



Have fun!

**Tuesday mornings
 10am – 12pm**

Only £2 per week

Sessions are held at THE MEMORIAL STADIUM, Filton Avenue, Horfield, BS7 0BF and at BRADLEY STOKE LEISURE CENTRE, Fiddlers Wood Lane, Bradley Stoke, BS32 9BS

Call Peter Aitken on **0117 9522581** or visit **www.bristolroverscommunity.org.uk**



Registered Charity Number
296645



Leading the
fight against
dementia



Bristol

