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**Warcop Parish Hall**

**COFFEE MORNING**

**Saturday 12th October, 10:00 – 11:30 am**

* **PLUS, FROM 10:30 A SPECIAL “FIT4ALL” TASTER SESSION: GENTLE EXERCISE ACTIVITIES WITH ROO BANNISTER - including indoor bowls, curling and boccia amongst others. For those who would like to try a more gentle exercise session, have a go today and, if there’s enough interest, a new class might start.**



* Enjoy good company with tea, coffee and biscuits, plus some tasty extras: **BACON ROLLS (vegetarian alternatives) & SCONES**
* Browse our book collection in our expanding community library
* Purchase goods from our small community shop
* Everyone welcome: £1.50 each, including a free refill



**Visit us at** [**www.warcop.org.uk**](http://www.warcop.org.uk)