

**VINTAGE VIBES**

GOOD COMPANY NEVER GETS OLD

# STROLL PATROL

Friendly, fun, local, accessible,  
group walks for over 60's

Do you want to get fitter  
but aren't sure how to start?

**Wear warm comfortable clothing**

**Walks 35 - 50 minutes**

**First Walk of the year 31st January 2018!**

**£3.00 min donation (first taster free)**

**Contact: Julie for more  
information on  
07738 846289 or email:  
hello@vintagevibes.org.uk**

**vintagevibes.org.uk**

**MEET  
WEDNESDAY'S  
IOAM**

**CARRIKVALE  
COMMUNITY  
CENTRE**

**FREE TEA/COFFEE  
AFTER WALKS**

Charity No: SC012641