



Reengage

Bringing
generations
together

Free group activities for over-75s

**We're a national charity
offering sociable group
activities for people over 75.**

Sessions are fun, friendly and completely free. You will have the chance to take part in a gentle activity, such as dancing, chair yoga, tai chi or skittles, and there will be plenty of time afterwards for refreshments and a chat.

The groups are run by Re-engage volunteers who will be happy to pick you up from your home beforehand and drop you off again afterwards. All our activities take place in local community spaces.

You can sign up or find out more by contacting us in any of the following ways:

- Call us on **0800 716 543**
- Email us on **info@reengage.org.uk**
- Complete our registration form at **www.reengage.org.uk**

And if there's a particular group activity you'd like to take part in, please do let us know. We'd love to hear your ideas.

Re-engage, 7 Bell Yard,
London WC2A 2JR.
Registered charity in England
and Wales (1146149) and in
Scotland (SC039377).