



Go! Play

50 Plus Activities

We all know that 50 is the new 40, but we also know that our bodies start to slow down. To help keep you active and healthy we have a range of activities and sessions for anyone aged 50 years or over.

Go! Active
@The Arc

High Street, Clowne S43 4JY
www.goactive.org.uk



Bolsover
District Council



Badminton and Table Tennis Hub

Fast paced fun the weather can never spoil. Our badminton and table tennis hub lets you pit your skills against players of all ages and abilities in doubles or singles games.

When: Wednesday 10am-12noon (booking is essential)

Who for: Ages from 50+ years

Cost: £3 per session or free to 365 and Single Inclusive members



Social Activity Hub

Stay active and healthy whilst socialising and meeting new people. All fitness levels are catered for and you can take part in activities such as badminton, boccia, short tennis, kurling, table tennis and much more. You'll be enjoying yourself so much, that you won't even notice you're actually having a workout.

When: Friday 10am-12noon (booking is essential)

Who for: Ages from 50+ years

Cost: £3 per session or free to 365 and Single Inclusive members



Walking Football

A slow-paced version of the beautiful game. It's a great way to get fit and stay healthy with all fitness levels and abilities catered for.

When: Monday 11am-12noon

Who for: Ages from 50+ years

Cost: £3 per session or free to 365 and Single Inclusive members