

young  heart

HEATHFIELD COMMUNITY CLUB



enhancing
your
life in
retirement

An elderly man with glasses and a young boy are playing chess outdoors. The man is smiling and looking at the boy, who is seen from the back. They are sitting at a table with a chessboard and pieces. The background is a bright, green outdoor setting.

What is Young at Heart?

**If you are retired/widowed/
lonely/bored and would
enjoy mixing with a wider
community and spending an
active day outside your home,
Young at Heart has been
created especially for you.**

Young at Heart is a social day club providing time outside the home for older retired people in a warm friendly environment, with other like-minded adults and, most importantly, the company of younger people.

The club supports the nutritional (a healthy lunch is included), social and activity needs of its members in a professionally staffed, group setting. A significant part of this is the programme of activities shared with a local primary school that bring the generations together.

Members are encouraged to re-visit skills and hobbies they may not have engaged with recently, and maybe try new activities.

The activities to choose from include:

- Crafts
- Cooking
- Gardening
- Contributing to the education of All Saints and St Richards Primary School children aged between 5 and 11
- Walks

we would love to meet you!

Book yourself a place and
come and join us at

Heathfield Park Cricket Club
School Hill
Old Heathfield
TN21 9AE

from 10am-4pm
Monday-Friday including lunch

- Assistance with transport is available
- Possible funding available

To make a booking please contact:

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email:
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or book online at:
youngatheart.me.uk

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