

Lewisham Churches Care Ageing Well in Lewisham **MEN'S GROUP**



*Are you a man aged 55+
and interested in
joining a weekly social group,
with varied activities, including speakers?*

St George's Church on Vancouver Road, Forest Hill
Thursdays from 12.00 – 15.30

Residents must live in :
Perry Vale, Sydenham Forest Hill or Catford South Wards

A freshly prepared 2-course meal is available (cost £4.00)

Transport available

Call 0791 234 2189 or 020 8698 3735 for more information

Come along and give it a try!