

Silver Sunday

Celebrate **Silver Sunday**, the national day for older people in Bromley, at a **FREE** event near you!

Here are some events below which are not to be missed!
Find all other events and activities taking place in Bromley at

www.silversunday.org.uk

**Mytime Active, Crofton Halls, Orpington,
BR6 8PR**

When: Friday 6th October

Time: 2 – 3:30 PM

Theme: Strength & Stability Class + Tea /
Coffee Afternoon

Book: Turn up at your leisure

Sutherland Court, Penge, SE20 7NN

When: Tuesday 3rd October

Time: starts at 2 pm

Theme: Afternoon tea party

Book: Call Anna on 07548161253 or email
anna.carling@creativesupport.org.uk

**KYN care home, Bickley Park Road, BR1
2AZ**

When: Sunday 1st October

Time: 3 – 5 PM

Theme: West end entertainment and
afternoon tea

Book: Call 0204 530 9700 or email
Kynbickleyconcierge@kyn.co.uk

Regency Court, Bromley, BR2 9GL

When: Monday 2nd October

Time: starts at 2 pm

Theme: tea, coffee, light food and
entertainment

Book: Call Anna on 07548161253 or email
anna.carling@creativesupport.org.uk

Children and Family Centres - Grandparent Special Learn and Play

Where & When

Biggin Hill – 3rd Oct - Sunningvale Avenue, Biggin Hill, TN16 3TN - **01959 571 694**

Blenheim – 9th Oct - Blenheim Road, Bromley, BR6 9BH - **01689 831193**

Community Vision – 10th Oct - Woodbine Grove, Penge, SE20 8UX - **020 8778 2970**

Cotmandene – 12th Oct - 103-107 Cotmandene Crescent, St Pauls Cray, BR5 2RB - **020 8300 2548**

Castlecombe – 12th Oct - Castlecombe Road, Mottingham, SE9 4AT - **020 8857 1185**

Burnt Ash – 13th Oct - Rangefield Road, Bromley, BR1 4QX - **020 8697 4503**

Time: various

Book: Call to book



SILVER SUNDAY
CELEBRATING OLDER PEOPLE

