

**Friday 15th February 2019**

**10.30am – 1.45pm**

**Activity Day at Key House**

**If you are an adult with a learning disability**

**Come along and try a variety of indoor activities/sports**

**Armchair Yoga Indoor Target Golf Bingo**

**  **

**Free Refreshments**

**Skills for People, Key House**

**Tankerville Place, Jesmond**

**Newcastle upon Tyne, NE2 3AT**

[**betterdays1999@hotmail.com**](mailto:betterdaysolol@hotmail.com) **or 0191 2815541**