**Age-friendly Active Ageing Survey**

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**Would you like to see some activities for older people in Alexandra Park this summer**?

**What would you be interested in?**

**Please tick the suggested activities and taster sessions below - or add your own!**

 Tai Chi

 Bird watching

 Walking

 Fitness sessions

 Memory Collecting

Other (please specify)

Your age: …………………………………………………

Your postcode: ……………………………………………

Please return the survey to the lodge in the park or to

JNR8 Community Centre,

82 Cromwell Avenue,

Whalley Range

M16 0BG

Contact Chris at agefriendlywhalleyrange@gmail.com

or call 881 3744 to join our age-friendly mailing list.

Visit our website for lots of community and age-friendly news [www.whalleyrange.org](http://www.whalleyrange.org/)