

Vale of White Horse GO Active Gold activities

GO Active Gold encourages people aged 60+ and living in rural areas, to live more active lifestyles

Activity	Venue	Start Date	Times	Days	Cost
Nordic Walking	Steventon Village Green	ongoing	10.00am -11.00am	Thursdays	£6
Nordic Walking	Shrivenham (various start points)	ongoing	10.00am -11.00am	Tuesdays	£5
Table Tennis	Shrivenham Memorial Hall	ongoing	2.00pm - 3.00pm	Fridays	£2
Table Tennis	Kingston Bagpuize & Southmoor Village Hall	ongoing	11.00am - 12.00pm	Tuesdays	£2
Table Tennis	Watchfield Village Hall	10-Nov	11.00am - 12.00pm	Thursdays	£2
Tai Chi	Steventon Village Hall	ongoing	2.00pm - 3.00pm	Mondays	£5
Tai Chi	Watchfield Village Hall	ongoing	1.00pm - 2.00pm	Mondays	£4
Walking Football	Kingston Colts Pitches	ongoing	11.00am - 12.00pm	Mondays	£2
Zumba Gold	Steventon Village Hall	ongoing	11.00am -12.00pm	Tuesdays	£5
Yoga / Seated Yoga	Shrivenham Memorial Hall	ongoing	10.00am -11.00am	Thursdays	£5
Yoga / Seated Yoga	Shrivenham Memorial Hall	ongoing	10.00am -11.00am	Wednesdays	£5
Yoga / Seated Yoga	Kingston Bagpuize & Southmoor Village Hall	ongoing	10.00am -11.00am	Wednesdays	£5
Yoga / Seated Yoga	Drayton Village Hall	ongoing	11.00am-12.00pm	Mondays	£5
Tai Chi for Health	Matrix Music School, Sutton Courtenay	ongoing	10:00am-11.00am	Thursdays	£5
Badminton	Kingston Bagpuize & Southmoor Village Hall	ongoing	11.00am-12.00pm	Wednesdays	£3
Short Mat Bowls	Kingston Bagpuize & Southmoor Village Hall	07-Nov	11.00am-12.00pm	Mondays	£2
Keep Fit	Longworth Village Hall	16-Nov	10.00am -11.00am	Wednesdays	£5
Festive Nordic Walk	Sutton Courtenay	12-Dec	10.30am-12.00pm	Monday	£2
Vintage Village Games	Watchfield Village Hall	22-Nov	10.00am-12.00pm	Tuesday	£2
Vintage Village Games	Steventon Village Hall	28-Nov	10.00.am-12.00pm	Monday	£2

For more information please contact:

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