

## **WORLINGWORTH KEEP FIT CLUB**

### **REPORT FOR PARISH COUNCIL ANNUAL MEETING**

The Worlingworth Keep Fit Club is still going strong after 20+ years although most of the members have been with us from the start and, of course, we are all 20 years' older, but still keep moving.

We meet on a Thursday morning at 10.15 am and do half -an -hour keep fit exercise routine followed by coffee and chat. Several people come then for a social coffee get together.

It is a lovely friendly gathering and we welcome any new members for keep fit or just for coffee and chat.

Pat Corston