

# Staying Active – Activities for Older Adults Outdoor Bowls

Come and try outdoor bowls. This is a fun session where new bowlers are always welcome. You do not need to wear whites; come in comfortable clothes and wear flat soled shoes

Venue	Day	Time	Cost
Perivale Park (Cowgate Road entrance)	Monday	All 10am to 12pm	All
Islip Manor Park (Eastcote Lane)	Wednesday		£2.80 (£1.70 with Leisure Pass)
Pitshanger Park (Bellvue Road entrance)	Wednesday		

- New bowlers welcome from 9.30am to learn and practice specifically on 6 & 11 May, 1 & 3 June, 1 & 6 July, 3 & 5 August and 2 & 7 September

**For all queries please contact Active Ealing**  
Telephone – **020 8825 6161**  
Website – [www.ealing.gov.uk/sports](http://www.ealing.gov.uk/sports)