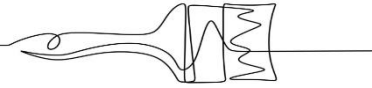


It's time to
**See and
Be Seen**

The "Artful Codgers" Project



**FREE EXHIBITION – Saturday 23rd March
+ mini-art workshops for the family.**



The "ARTFUL CODGERS" group welcomes you to a
FREE EXHIBITION with art workshops for the family.

The Artful Codgers is an art and chat group for the over 50s
Our aim is to have **FUN, UNWIND** and feel **GOOD!**

Date: Saturday 23rd March 2024

Time: 11:00am until 3:30pm

Place: Shaftesbury Hall

21 Herbert Rd, Bounds Green, N11 2QN

*Many of us worry about ageing, but it's not the passage of time that makes
it so hard to get older.*

*It's ageism, a prejudice that pits us against our future selves –
and each other.*

And it affects each and every one of us.

Happy healthy lives for over 50s

Getting here:

From Bounds Green Underground:

Walk south-east on Bounds Green Road/A109
Turn left into Queens Road
Take the second right onto Herbert Road
The hall is at the end.

From Bowes

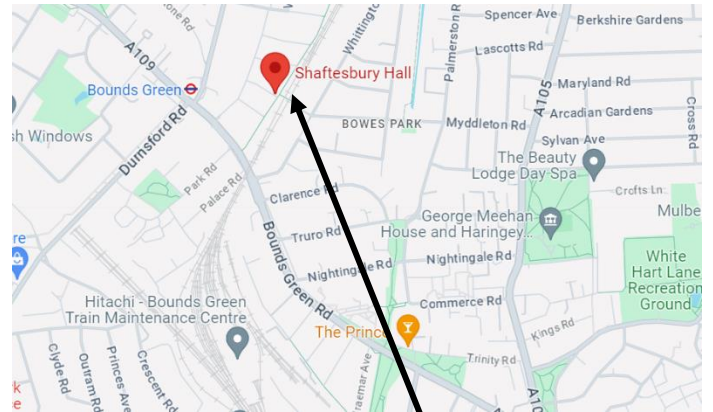
Exit the station via the stairs and turn right.
The hall is directly ahead.

Buses:

102 between Brent Cross and Edmonton
184 between Barnet and Turnpike Lane
221 between Turnpike Lane and Edgware
299 between Muswell Hill and Cockfosters.

Parking:

There are parking restrictions on all the surrounding roads.



SHAFTESBURY HALL

*You will be taking part in the
Age Without Limits Action Day.
Thank you for your help growing the movement.*



How we are represented as we grow older can have a profound impact on other people's beliefs, attitudes, and behaviours towards us – particularly if negative or stereotypical.

We aim to challenge this by showing how much fun and enjoyment in life we can still have as we age, and how our beliefs, personal values and views are as relevant today as ever.

Happy healthy lives for over 50s