



Benson Millstream Centre

Bringing Seniors Together

Would you or someone you know like to meet new people, have a great lunch, and maybe join in with an activity?

We run sessions for seniors at Millstream Centre from 11am-1.30pm on Mondays, Wednesdays, and Fridays



“I love the staff and it is fun!”

“It’s been a life-saver for me!”



“I love the company, I live on my own and it can be lonely. I’ve made some great friends at the Centre”



“The Centre keeps me lively and active”

“The food is delicious... Patrick and Pat are such great Cooks”

We offer free taster sessions where you can come and see what we do.

Why not give us a try?



For more information talk to our team at the centre.

Phone 01491 834889

email bensonmillstreamcentre@gmail.com

or visit our website www.bensonmillstreamcentre.org.