

## Getting Together Matters

### Calendar of Events

### Autumn Term

Activities for 50+ years

#### Mondays

2pm Armchair Travel with George starts 6th Sept

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#### Tuesdays

11am Lifelines Quiz with Sue starts 7th Sept.

**NEW** 12pm Salt of the Earth. Poetry, Storytelling & the written word with Marian. Fortnightly starting: 14th Sept

**NEW** 12pm Shakespeare with Marian. Fortnightly 21st Sept

2pm Gentle Armchair Exercise with Dean

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#### Wednesdays

11:00am Seated Pilates with John (all start Weds 8th Sept)

12:00pm Chair based Pilates with John

12pm Sing well & Lifelines Body & Breath with Annie

1pm Mat work traditional Pilates with John

2.30pm Quiz and Sports Round with Mark

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**We have activities for everyone - you don't have to have internet for all of them - please check with us to join in!**



# Getting Together Matters Calendar of Events

Activities for 50+ years



## Thursdays

- 10.15am Chair based Pilates with John  
3pm Creative Expression with Karen & Isla
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## Fridays

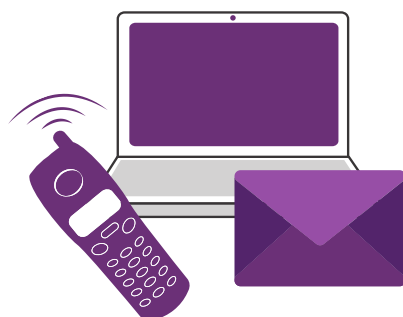
- NEW** 11.30am Playreading with Naz - online & by phone (starts 10th Sept)
- 2pm Sing well & Lifelines Singing Group with Annie

## Other activities on offer

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Mindful Colouring - packs in the post to enjoy and get creative.  
Word Search / Sudoku / Quiz - In the post!

**Get in touch with the team on:  
Freephone 0808 196 6831  
or email: [gtm@volunteeringmatters.org.uk](mailto:gtm@volunteeringmatters.org.uk)**



**If you would like to get a computer but don't know how to or where to start, contact us. We might be able to help!**