

Getting Together Matters

Calendar of Events

Activities for 50+ years

Mondays

- 12pm Bridge with Stewart
 - 2pm Armchair Travel with George
 - 3pm Snacking on Shakespeare with Mary
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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!

Tuesdays

- 11am Lifelines Quiz with Sue
 - 2pm Gentle Armchair Exercise with Dean
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Wednesdays

- 11:30 am Seated Pilates with John
 - 12:45pm Chair based Pilates with John
 - 12pm Sing well & Lifelines Body & Breath with Annie
 - 12pm Absolute beginners Bridge with Stewart
 - 2pm Mat work traditional Pilates with John
 - 2.30pm Quiz and Sports Round with Mark
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**Get in touch with the team on:
Freephone 0808 196 6831
or email: gtm@volunteeringmatters.org.uk**

Getting Together Matters Calendar of Events

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Thursdays

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| 10am | Fitness with Dean |
| 11am | LifeLines Quiz with Colin |
| 11:30am | Seated Pilates with John |
| 12:45pm | Chair based Pilates with John |
| 2pm | Play reading with Mary and Team |
| 2pm | Be Scam Aware with Amanda from Fitniss |
| 2pm | Mat work traditional Pilates with John |
| 3pm | Creative Expression with Karen & Isla |

Fridays

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| 11am | Coffee Morning with Theresa (by telephone) |
| 2pm | Sing well & Lifelines Singing Group with Annie |

Other activities on offer

Creative writing - Once a week, by telephone, for 8 weeks.

Play reading - Once a week, by telephone, for 6 weeks. (Or online on a Thurs).

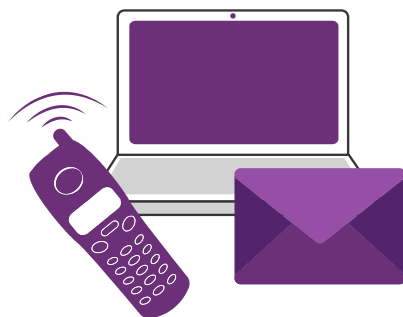
Telephone pals - weekly chats on the phone.

Mindful Colouring - packs in the post to enjoy and get creative.

Word Search - In the post!



**NATIONAL
LOTTERY FUNDED**



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!