

Getting Together Matters

Calendar of Activities

Winter Term

For 50+ years

Mondays

11.30am Coffee & Catch up!

2pm Armchair Travel with George

Tuesdays

11am Lifelines Quiz with Sue

11am Creative writing with Marian. Fortnightly Feb 22nd

11am Shakespeare with Marian. Fortnightly Feb 15th

12pm Gentle Armchair Exercise with Dean

Wednesdays

11:00am Seated & Chair based Pilates with John

11.45am Bridge with Stewart

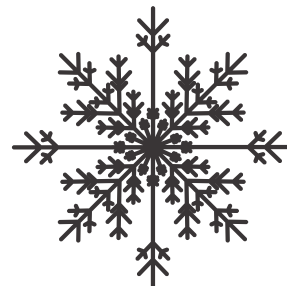
12pm Sing well & Lifelines Body & Breath with Annie

1pm Mat work traditional Pilates with John

2.30pm Quiz and Sports Round with Mark



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



All Activities Free!

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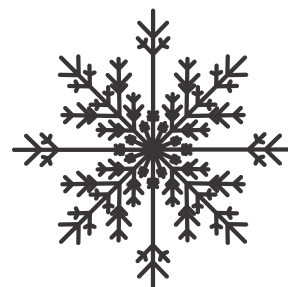
Thursdays

3pm Creative Expression with Karen & Isla

Fridays

2pm Sing well & Lifelines Singing Group with Annie

5pm Bridge with Stewart



Other activities on offer

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

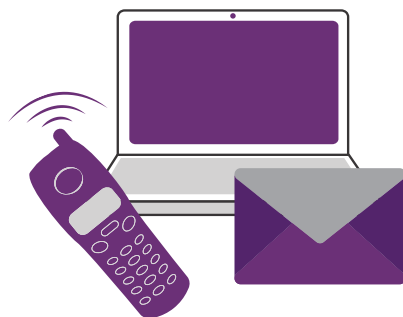
Word Search / Sudoku / Quiz - In the post!

Get in touch with the team on:

Freephone 0808 196 6831

or email: gtm@volunteeringmatters.org.uk

All Activities Free!



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!