

## 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](mailto:gtm@volunteeringmatters.org.uk)**

## Getting Together Matters Calendar of Events

Activities for 50+ years

### Thursdays

|         |                                        |
|---------|----------------------------------------|
| 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     | Mat work traditional Pilates with John |
| 3pm     | Creative Expression with Karen & Isla  |
| 2.30pm  | Quiz for Veterans                      |

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### Fridays

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

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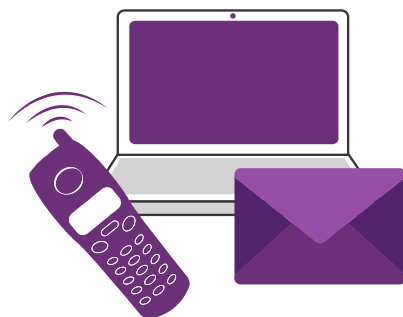
### Other activities on offer

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).

Pen pals - receive 3 letters especially for you.

Telephone pals - weekly chats on the phone.



**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!**