

Getting Together Matters

Summer Social Activities Calendar

50 up June - Sept

Online, phone & post.



Mondays

2pm Ridwan's Armchair Travel

Tuesdays

11am Lifelines Quiz with Sue
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

Get in touch with the team to book places and get links or numbers to ring in for the activities.

Freephone 0808 196 6831

or email: gtm@volunteeringmatters.org.uk

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!

Getting Together Matters

For 50+ years

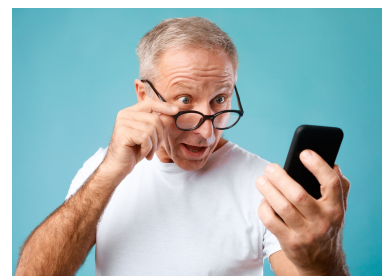
Thursdays

10.30am Coffee & Catch up!
3pm Creative Expression with Karen & Isla

Fridays

2pm Sing well & Lifelines Singing Group with Annie
5pm Bridge with Stewart

New! 12 – 1.30pm June 3rd Jubilee Virtual Lunch



Sundays

New! 2 – 3.30pm June 12th Sunday 'Sounds' conversation group with Andrew & Betty

Other activities on offer

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



Word Search / Sudoku / Quiz - In the post!

If you would like to get on to classes via video link (zoom) but don't know where to start.....we might be able to help! Book a session with GTM



Get in touch with the team to book places and get links or numbers to ring for the activities.
Freephone 0808 196 6831

or email: gtm@volunteeringmatters.org.uk
All Activities Free!

Supported by players of



Awarded funds from

