

## 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)**

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### 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	Be Scam Aware with Amanda from Fitniss
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).

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!**