

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**

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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

Fridays

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).

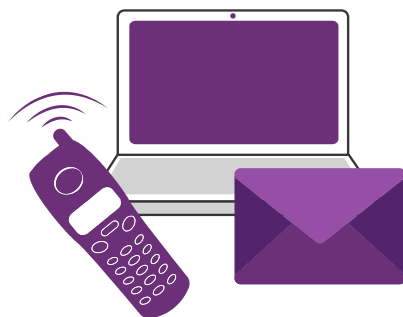
Pen pals - receive 3 letters especially for you.

Telephone pals - weekly chats on the phone.

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



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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!