

Reengage

Bringing
generations
together

Free online active groups for older people in Wales

We are a national charity offering weekly health and fitness groups on Zoom, tailored specifically for older people.

Each 90-minute session includes around 45 minutes of gentle exercise, plus time to get to know one another in a friendly, sociable setting.

“Exercising together online gives me a real boost.”



Every Tuesday at 11am–12.30pm

Dragons Fitness For All led by Gareth Sullivan. Gareth is part of the community team at the Dragons and has vast experience of developing inclusive exercise sessions. Gareth says, “The group is suitable for all fitness levels and will help improve strength, balance and joint flexibility.”



Every Wednesday at 11am–12.30pm

Chair Yoga led by Margaret Hudson. Margaret is an experienced yoga teacher and specialises in teaching safe postures as well as breathing and relaxation techniques. Margaret says: “Chair yoga is very practical and helps develop physical and emotional wellbeing.”



Every Thursday at 11am–12.30pm

Tai-Chi led by Lis Duffy. Lis has taught Tai Chi to hundreds of older people across Carmarthen. Lis says, “Tai Chi consists of gentle and fluid movements in sequence. Benefits include improved mood, flexibility, balance and an increase in strength and definition.”

You can sign up for free at www.reengage.org.uk/join-a-group and also download our handy guide to using Zoom if you need it.

Re-engage, 2 Grosvenor Gardens, London, SW1W 0DH | www.reengage.org.uk
Registered charity in England and Wales (1146149) and in Scotland (SC039377)



Grwpiau ymarfer llesol ar-lein am ddim i bobl hŷn yng Nghymru

Rydyn ni'n elusen genedlaethol sy'n cynnig
grwpiau iechyd a ffitrwydd wythnosol ar Zoom,
wedi'u teilwra'n arbennig ar gyfer pobl hŷn.

Mae pob sesiwn 90-munud yn cynnwys tua 45 munud
o ymarfer corff ysgafn, ac amser i bawb ddod i nabod ei
gilydd mewn awyrgylch cyfeillgar, cymdeithasol.

“ Mae gwneud
ymarfer corff
gyda'n gilydd
ar-lein yn rhoi
hwb dda i mi. ”



Dydd Mawrth, 11am–12.30pm

Ffitrwydd y Dreigiau i Bawb dan arweiniad Gareth Sullivan. Mae Gareth yn rhan o'r tîm cymunedol gyda'r Dreigiau ac mae ganddo brofiad helaeth o ddatblygu sesiynau ymarfer corff cynhwysol. Dywed Gareth, “Mae'r grŵp yn addas i bob lefel ffitrwydd a bydd yn helpu i wella nerth, balans a symudiad y cymalau.”



Dydd Mercher, 11am–12.30pm

Ioga Cadair dan arweiniad Margaret Hudson. Mae Margaret yn athrawes ioga brofiadol ac mae'n arbenigo mewn dysgu ffyrdd diogel o ddal y corff a thechnegau anadlu ac ymlacio. Dywed Margaret: “Mae ioga Cadair yn ymarferol iawn ac mae'n helpu i ddatblygu lles corfforol ac emosiynol.”



Dydd Iau, 11am–12.30pm

Tai-Chi dan arweiniad Lis Duffy Mae Lis wedi dysgu Tai Chi i gannoedd o bobl hŷn yn ardal Caerfyrddin. Dywed Lis, “Mae Tai Chi yn gyfres o symudiadau sy'n llifo'n ysgafn o un i'r llall. Mae'r effeithiau llesol yn cynnwys gwell hwyliau, hyblygrwydd a balans a chryfhau a gwella ffurf y corff.”

Gallwch gofrestru am ddim yn www.reengage.org.uk/join-a-group a lawrlwytho ein canllaw hwylus i ddefnyddio Zoom hefyd os oes angen.