

STAY WELL AT HOME

Sessions to exercise your mind and your body, and to lift your spirits at home

ANYONE CAN ZOOM, WE'LL TEACH YOU HOW

Gentle Chair Classes

Twice per week

Chair Based Exercise Class

Contact: JillBaldock@hotmail.co.uk

Melody Memories

2.30pm Mondays

Sing Along Songs

Contact: barbarachristopher1951@gmail.com

All Join In

11am Thursdays

Music To Lift Your Spirits

Contact: ajberesford53@gmail.com

We'll Meet Again

11am Fridays

Humorous Poems & Popular songs

Contact: bray.meg@googlemail.com

Sunfit Seniors

2pm Fridays

Chair Based Exercise Class

Contact: sunfit2012@gmail.com

Zoom is being used by all ages now and is much easier than you think !

Please email the contact for each class and they'll help you to get online and get setup to join in the session from home.

