



Online Activities Age UK Enfield –December & Christmas Activities 2020



Our weekly **Tai Chi, Seated Yoga, Social Singalong** will continue up to **Tuesday 22nd December 2020** .

Our **Fit For Life Exercise** classes will continue during December, but some may be subject to change. Email Mark.huggard@ageukenfield.org.uk

Friday 4th December 1-2.30pm Later Life Planning

Are you prepared for your future? Understand how to make a Will, or the importance of Lasting Power of Attorney. Join a very informative session with our Later Life Planning Adviser Kate.

Please contact Kate Reader on 0208 375 4120 or email kate.reader@ageukenfield.org.uk

Wednesday 9th December 11am—12noon Digital Drop In

Would you like some support in using technology? Learn how to make video calls, connect to others, shop online ?

We are here to help you feel confident using digital equipment for online shopping, finding online activities and information, joining online exercise classes and more.

We are offering one to one sessions on Wednesdays via telephone in addition to a group Digital Drop In sessions at 11am on Wednesday mornings via Zoom. For more information, email onlineactivities@ageukenfield.org.uk or call 020 8375 4120

Friday 11th December at 11am to 1pm Memory Club Christmas Party

Ending 2020 in a fun and festive way, book your place to join us for singing, quizzes, activities and seasonal fun.

Tuesday 15th December—Seasonal Singing—3.30pm—4.30pm

Join our weekly social singalong for some seasonal sizzlers, join us in your best festive wear and bring your favourite songs to sing along to.

Friday 18th December— BIG Christmas Quiz & Social Space 2pm—3pm

Ending the year with some festive fun. Join us for a seasonal quiz .

Tuesday 22nd December—Christmas Craft along 11am—12.30

Join us in a seasonal creative art activity. Booking in advance is essential as you will be sent a pack of materials that will be used in the activity. Book by **9.12.2020**

Booking is required for all activities. onlineactivities@ageukenfield.org.uk We will send the link to access zoom and are happy to talk through with anyone how to set up zoom.