



January – March 2021 Online Activity Timetable

Happy New Year! If you would like to attend any of the activities below please email: Onlineactivities@ageukenfield.org.uk

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| Monday Weekly | Tai Chi Falls Prevention- gentle exercise to improve balance and aid breathing | Weekly 11am – 12noon | Suitable for all exercise abilities Over 50's |
| Tuesday Monthly | Tea & Chatter- Social group, to meet others and join in with activities like quizzes, cook along, etc. | Monthly 11am – 12noon | Over 50's Suitable for all |
| Tuesday Weekly | Seated Yoga session- gentle exercise session (can be seated or standing.) | Weekly 12.00- 12.30 | Suitable for all exercise abilities Over 50's Email to book |
| Tuesday Weekly | Social singalong- join Jenny to sing along with favourite songs through the decades | Weekly 3.30- 4.30 | Dementia Friendly All the family welcome |
| Wednesday Monthly | Digital Connections Advice on how to use pcs, mobiles, tablets and get online | Monthly 11am – 12noon | Over 50's |
| Friday Fortnightly | Memory Club- a dementia friendly meet up for people affected by dementia and carers. Expect quizzes, activities, music. | Fortnightly 11am -12noon | Dementia Friendly. Suitable for all email Lauranewey@ageukenfield.org.uk |
| Later Life Planning | Learn more about Lasting Power of Attorney, making a Will and advance care plans | Monthly | Suitable for all. Email Kate.reader@ageukenfield.org.uk |
| Monthly Craft Along | Enjoy making things? Join our monthly online craft group | Monthly | Suitable for all. Email to book a space as a craft pack will be sent to you in advance |