

# EVENTS & ACTIVITIES

## December 2023

Throughout the month we will be hosting the following regular activities:

### **Lunchtime social**

DAILY at 12.00pm

### **Seated dance exercises with Shona**

ALTERNATE WEDNESDAY at 3.00pm

### **Pampering sessions**

EVERY THURSDAY at 2.00pm

### **Zumba with Mareda**

ALTERNATE TUESDAYS at 2.00pm

### **Tai Chi with Kim**

ALTERNATE THURSDAYS at 11.00am

### **Online C of E service**

SUNDAY MORNINGS

### **Singing for the brain coffee morning**

Last Wednesday of the month at 10.30am

Contact us today on **01296 438 000** to find out more about these upcoming events and activities, or why not suggest an activity yourself!