



EVENTS & ACTIVITIES

July 2025

Jo's gym session

TUESDAY 1ST JULY at 10.30 am

Brain and body

FRIDAY 11TH JULY at 11.00 am

Church service

MONDAY 14TH JULY at 11.00 am

Wimbledon

MONDAY 14TH JULY from 3.00 pm

Chair yoga and sound relaxation

THURSDAY 17TH JULY at 10.00 am

Performing pets

TUESDAY 22ND JULY at 2.00 pm

Chair sports

FRIDAY 25TH JULY at 2.00 pm

Jo's gym session

TUESDAY 29TH JULY at 10.30 am

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

Book Club

ONCE A WEEK

Armchair travel

ONCE A WEEK

Quiz

ONCE A WEEK

Relish Arts

ONCE A WEEK

Armchair animal kingdom

ONCE A WEEK

Armchair exercise

TWICE A WEEK

Local School – Reading Day

EVERY TWO WEEKS

Contact us today on **01727 223600** to find out more about these upcoming events and activities, or why not suggest an activity yourself?