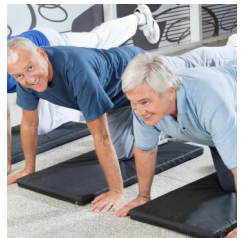
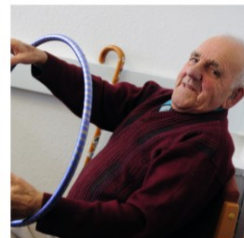




- Get fitter
- Feel better
- Meet new people and have a laugh!



Class Name	Where?	When?	Cost
Sit, Fit and Fun- Gentle, fun, chair based exercises.	Watchet	Weds, 2:30pm	£4
Strong and Steady - To improve strength and balance, helping to keep you steady on your feet and avoid falls.	Minehead Williton	Call 01823 345614 for details	£6
Swimming- General swimming for over 55s.	Minehead	Mon, 8am	£6
Table Tennis - Fun & social play for those wishing to return to the game or those wanting to learn.	Minehead	Fri, 9:30am	£4
	Watchet	Mon, 2pm	
Tai Chi QiGong - Easy to learn gentle movements, to improve balance, flexibility and strength. Good for mind, body and wellbeing. Movements can be done seated or standing.	Dunster	Tues, 1:45pm	£6
	Minehead	Thurs, 2pm	
	Stogursey	Tues, 10:30am	£5

For more information please call Age UK Somerset on 01823 345624
email: ageingwell@ageuksomerset.org.uk or visit www.ageuksomerset.org.uk