

# Activities Timetable - online

Day	Time	Frequency	Type	Activity	How to book
Monday	10.30 – 11.30	Weekly		<b>Just4Men Exercise</b> partners welcome to assist	Call 020 8686 0066 or email <a href="mailto:healthierlifestyles@ageukcroydon.org.uk">healthierlifestyles@ageukcroydon.org.uk</a>
	14.00 – 15.00	2nd, 4th (and 5th) Mon of the month		<b>Chair-Based Exercise</b>	Call 020 8686 0066 or email <a href="mailto:healthierlifestyles@ageukcroydon.org.uk">healthierlifestyles@ageukcroydon.org.uk</a>
Tuesday	11.00 – 12.00	Weekly, excl. last Tue of the month		<b>Healthy Joints Programme</b>	Call 020 8686 0066 or email <a href="mailto:healthierlifestyles@ageukcroydon.org.uk">healthierlifestyles@ageukcroydon.org.uk</a>
	14.00 – 15.00	Weekly		<b>Strength &amp; Balance: <i>Standing Exercise</i></b>	Call 020 8686 0066 or email <a href="mailto:healthierlifestyles@ageukcroydon.org.uk">healthierlifestyles@ageukcroydon.org.uk</a>
Wednesday	10:30 – 11:30	Weekly		<b>The Reader: <i>Shared reading group</i></b>	Call 020 8686 0066 or email <a href="mailto:healthierlifestyles@ageukcroydon.org.uk">healthierlifestyles@ageukcroydon.org.uk</a>
Thursday	10.30 – 11.30	Weekly		<b>Chair-Based Exercise</b> with health and wellbeing talk	Call 020 8686 0066 or email <a href="mailto:healthierlifestyles@ageukcroydon.org.uk">healthierlifestyles@ageukcroydon.org.uk</a>
	14.00 – 15.00	Weekly		<b>Chair-Based Tai chi</b>	Call 020 8686 0066 or email <a href="mailto:healthierlifestyles@ageukcroydon.org.uk">healthierlifestyles@ageukcroydon.org.uk</a>
Friday	10.30 – 11.30	Weekly		<b>Just4Men Exercise</b> partners welcome to assist	Call 020 8686 0066 or email <a href="mailto:healthierlifestyles@ageukcroydon.org.uk">healthierlifestyles@ageukcroydon.org.uk</a>
	14.00 – 15.00	Weekly		<b>Strength &amp; Balance: <i>Standing Exercise</i></b>	Call 020 8686 0066 or email <a href="mailto:healthierlifestyles@ageukcroydon.org.uk">healthierlifestyles@ageukcroydon.org.uk</a>
	14.00 – 15.00	2nd & 4th Fri of the month		<b>Memory Tree Café</b> for those with a diagnosis of dementia, and their carers	Call 020 8686 0066 or email <a href="mailto:memorytreecafe@ageukcroydon.org.uk">memorytreecafe@ageukcroydon.org.uk</a>

Excluding Bank Holidays / We reserve the right to change events at the last minute