



## Online Activity Programme November 2020

Our Fit for Life Programme has transferred online so we've 8 new classes for you to join all via Zoom. If you need any assistance to set up zoom please email [onlineactivities@ageukenfield.org.uk](mailto:onlineactivities@ageukenfield.org.uk) or call 0208 375 4120.

To register and book into any of our classes email: [onlineactivities@ageukenfield.org.uk](mailto:onlineactivities@ageukenfield.org.uk)

<b>Monday</b>	Senior Circuits FFL	11.00-12.00noon	Circuit class incorporating aerobics and dumbbells.  Suitable for both Beginners and Intermediates
<b>Monday</b>	Falls Prevention - Tai Chi H&W	11.00-12.00noon	Gentle Chinese exercise programme to improve balance and coordination Can be done seated or standing Suitable for all
<b>Tuesday</b>	Fit Steps FFL	10.00-10.50am	Combination of Latin and Ballroom dances which are easy fun and don't need a partner. Good for fitness and coordination. Suitable for all levels
<b>Tuesday</b>	Zumba Gold FFL	11.00-11.45am	Latin-inspired dance workout that tones and sculpts the body.  Aerobic exercise that improves coordination and has feel good factor.
<b>Tuesday</b>	Seated Yoga H&W	12:00-12:30pm	Gentle seated exercise suitable for all. Dementia Friendly Join us for a weekly wellbeing session
<b>Tuesday</b>	Social Singing H&W	3.30- 4.30pm	Our weekly singing session led by our Choir Lead Jenny. Dementia Friendly. Singing boosts wellbeing, immune system and lowers stress.

<b>Wednesday</b>	Nifty Fifties Aerobics Class FFL	10.00-10.50am	This class varies from week to week challenging the group with different exercises. Suitable for All
<b>Wednesday</b>	Fit Steps FFL	11.00-11.50am	Combination of Latin and Ballroom dances which are easy fun and don't need a partner.  Good for fitness and coordination. Suitable for all levels
<b>Wednesday</b>	Digital Drop In H&W	11:00-12:00noon	Want to learn how to use a smart phone, tablet or get connected. Join us for our weekly online advice session with Digital Champion
<b>Wednesday</b>	Pilates FFL	12.30-1.30pm	Teaches body awareness and good posture, improves strength and agility and can help alleviate back pain.  Suitable for all levels
<b>Thursday</b>	Line Dancing FFL	1.30- 2.30pm	A fun workout to music of all genres which will test your mind and body.  Suitable for all levels
<b>Friday</b>	Memory Club H&W	11:00- 12:00noon	Our popular fortnightly Memory Club for people affected by dementia Games, quizzes, music, arts and fun for all.
<b>Friday</b>	Zumba Gold FFL	11.15- 12.00noon	Latin-inspired dance workout that tones and sculpts the body  Suitable for all levels.
<b>Friday</b>	Afternoon Quiz FFL	2.00 - 3.00pm	Join us for a fun quiz. Suitable for all General knowledge, Television, Film, Music and Sport.