



January – March 2021 Online Activity Timetable

Happy New Year! If you would like to attend any of the activities below please email: Onlineactivities@ageukenfield.org.uk

Monday Weekly	Tai Chi Falls Prevention- gentle exercise to improve balance and aid breathing	Weekly 11am – 12noon	Suitable for all exercise abilities Over 50's
Tuesday Monthly	Tea & Chatter- Social group, to meet others and join in with activities like quizzes, cook along, etc.	Monthly 11am – 12noon	Over 50's Suitable for all
Tuesday Weekly	Seated Yoga session- gentle exercise session (can be seated or standing.)	Weekly 12.00- 12.30	Suitable for all exercise abilities Over 50's Email to book
Tuesday Weekly	Social singalong- join Jenny to sing along with favourite songs through the decades	Weekly 3.30- 4.30	Dementia Friendly All the family welcome
Wednesday Monthly	Digital Connections Advice on how to use pcs, mobiles, tablets and get online	Monthly 11am – 12noon	Over 50's
Friday Fortnightly	Memory Club- a dementia friendly meet up for people affected by dementia and carers. Expect quizzes, activities, music.	Fortnightly 11am -12noon	Dementia Friendly. Suitable for all email Lauranewey@ageukenfield.org.uk
Later Life Planning	Learn more about Lasting Power of Attorney, making a Will and advance care plans	Monthly	Suitable for all. Email Kate.reader@ageukenfield.org.uk
Monthly Craft Along	Enjoy making things? Join our monthly online craft group	Monthly	Suitable for all. Email to book a space as a craft pack will be sent to you in advance