

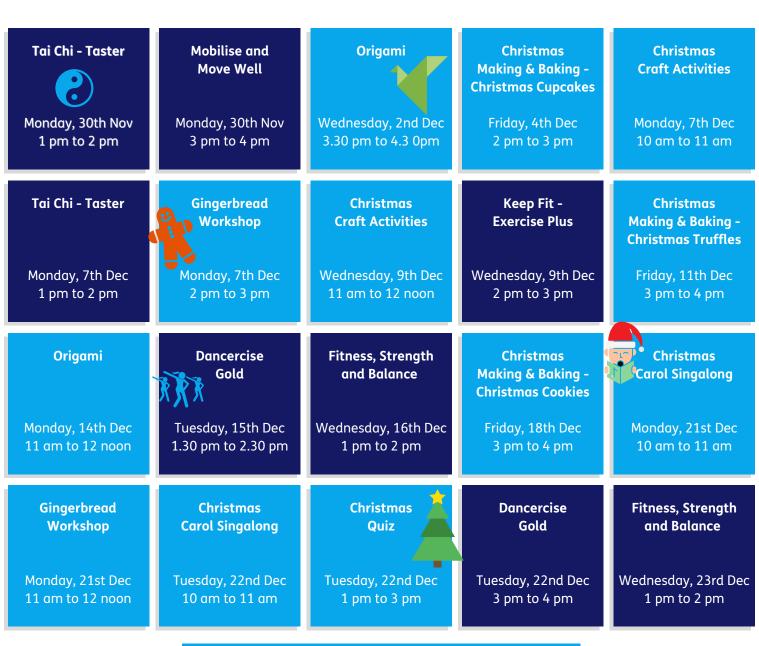


## Virtually 2020 Christmas Social & Physical Activities Zoom Programme

We've got a whole host of virtual activities for you this holiday season. From Tai chi tasters, to gingerbread workshops, there's something for everyone!

If you're after a bit of festive fun, check out our Social Activities.

Or if you're trying to keep the mince pie belly at bay, have a go at some of our Physical Activities.



To sign up for our Social Activities call 0191 287 7012

To sign up for our Physical Activities call 0191 287 7027

Or to sign up for any of our activities email **Community.Development@ageuknorthtyneside.org.uk**