



## 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.

<b>Tai Chi - Taster</b>  Monday, 30th Nov 1 pm to 2 pm	<b>Mobilise and Move Well</b> Monday, 30th Nov 3 pm to 4 pm	<b>Origami</b>  Wednesday, 2nd Dec 3.30 pm to 4.30 pm	<b>Christmas Making &amp; Baking - Christmas Cupcakes</b> Friday, 4th Dec 2 pm to 3 pm	<b>Christmas Craft Activities</b> Monday, 7th Dec 10 am to 11 am
<b>Tai Chi - Taster</b> Monday, 7th Dec 1 pm to 2 pm	<b>Gingerbread Workshop</b>  Monday, 7th Dec 2 pm to 3 pm	<b>Christmas Craft Activities</b> Wednesday, 9th Dec 11 am to 12 noon	<b>Keep Fit - Exercise Plus</b> Wednesday, 9th Dec 2 pm to 3 pm	<b>Christmas Making &amp; Baking - Christmas Truffles</b> Friday, 11th Dec 3 pm to 4 pm
<b>Origami</b> Monday, 14th Dec 11 am to 12 noon	<b>Dancercise Gold</b>  Tuesday, 15th Dec 1.30 pm to 2.30 pm	<b>Fitness, Strength and Balance</b> Wednesday, 16th Dec 1 pm to 2 pm	<b>Christmas Making &amp; Baking - Christmas Cookies</b> Friday, 18th Dec 3 pm to 4 pm	 <b>Christmas Carol Singalong</b> Monday, 21st Dec 10 am to 11 am
<b>Gingerbread Workshop</b> Monday, 21st Dec 11 am to 12 noon	<b>Christmas Carol Singalong</b> Tuesday, 22nd Dec 10 am to 11 am	<b>Christmas Quiz</b>  Tuesday, 22nd Dec 1 pm to 3 pm	<b>Dancercise Gold</b> Tuesday, 22nd Dec 3 pm to 4 pm	<b>Fitness, Strength and Balance</b> Wednesday, 23rd Dec 1 pm to 2 pm

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**