

New online / virtual activity options for the Winter

*Offering a way to meet with others, learn a new skill and have some fun whilst staying safe.
All sessions delivered via 'zoom'*

Phone 01235 849434 or email network@ageukoxfordshire.org.uk for more information or to book your place

Virtual Chatterbox: put the kettle on and make yourself a cup of tea or coffee as you join us for an hour of chatting and laughter. Sessions will include quizzes, virtual bake off's and so much more. **Every 1st and 3rd Thursday** of the month from **10.30am to 11.30am**.

Tech Café: Get in touch and we can help to get you or your loved ones online and feeling confident with technology. In these changing times it is more important than ever to stay connected. The Tech Café offers free, simple, and clear assistance with online essentials including talks on scam awareness etc. Access to free 'how to guides' and practical demonstrations aplenty. Why not plan for Christmas and ensure that whatever is happening you and your family can be in touch via skype or messenger? **Every other Friday** from **10am to 11am**

Music and Memories: NOT a singing group rather a space where you can come together and listen to old favourites, bring along your own song (perhaps from your childhood or the song you danced to at your wedding) and talk about why it is a special song for you and reminisce. Running **every 3rd Tuesday** from **2pm to 3pm**

Crafty Foxes: Join Siobhan in an arts and craft themed session running **every 1st Tuesday of the month** from **10.30am to 11.30am**. When booking your place, we will take your address so materials can be posted out to you as sessions require

Friendship Group: Grab yourself a cup of tea and a slice of cake and join us for a friendly chat and a speaker. An opportunity to meet up with old friends and make new one's too. **Every 4th Wednesday of the month** running from **2.30pm to 4pm**

Knit and Natter: Lets come together and enjoy a natter over a cup of coffee and our knitting (crocheter's welcome too 😊). You never know we might be inspired to try something new! **Every 4th Thursday of the month** from **10.30am to 11.30am**

The Great Virtual Bake Off: If Paul Hollywood can do it so can we! Join us **every 1st Monday of the month** from **1pm to 2pm** for a natter as we proudly show off our masterpieces. Each session will be themed, and we will talk about the history behind the bake, where the bake came from etc. Then over a cup of coffee we can each taste our own creations

The Magic of Words Book Club: Do you enjoy reading? Are you interested in joining a virtual book group and discuss what you thought of a particular book? If so, please email jeanetteameany@ageukoxfordshire.org.uk for further information. These sessions will run on the **3rd Wednesday of the month** from **2pm to 3pm**.

Online Song Writing Course: open to anyone aged 19+, beginners or with experience. Supported by **Activate Learning Banbury College**. Contact **Jackie on 07827 235408** to express your interest and get more information.

Handmade: Bring along a hand-crafted item to share whilst we have a natter and create together. There will opportunity to watch demonstrations on needle felting, simple embroidery embellishments, drop spindle spinning, flat bed knitting machines and much more! Bring your crochet, knitting, needle felting, paper crafts or anything handmade. All are welcome! These sessions will run **every 1st and 3rd Friday of the month** from **2:30pm - 4pm**.

Aviation Group: an online aviation group where we will be discussing all things aircraft. There will be a guest speaker followed by some time to ask questions and have a chat. All are welcome whether you are an aviation expert or just have a general interest! **Every 2nd Tuesday of every month** from **2pm until 3pm**.

9th March – Talk on Restoration of C-47 Skytrain 'Night Fright by Neil Jones

13th April – Talk on Yesterday's Runways by Bill King

Memory Lane: Step back in time and join us for a nostalgic trip down memory lane. Bringing memories to life from the 1940's to the 1990's. **Every 1st and 3rd Friday of the month** from **2pm – 3pm**

A seasonal reflection pack is also available by post.