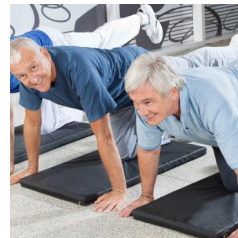




- Get fitter
- Feel better
- Meet new people and have a laugh!



Class Name	Where?	When?	Cost
<b>Sit, Fit and Fun-</b> Gentle, fun, chair based exercises.	Watchet	Weds, 2:30pm	£3
<b>Strong and Steady</b> - To improve strength and balance, helping to keep you steady on your feet and avoid falls.	Minehead Williton	Call 01823 345614 for details	£6
<b>Swimming-</b> General swimming for over 55s.	Minehead	Mon, 8am	£5
<b>Table Tennis</b> - Fun & social play for those wishing to return to the game or those wanting to learn.	Minehead	Fri, 9:30am	£2.50
	Watchet	Mon, 2pm	
<b>Tai Chi QiGong</b> - Easy to learn gentle movements, to improve balance, flexibility and strength. Good for mind, body and wellbeing. Movements can be done seated or standing.	Dunster	Tues, 1:45pm	£5
	Minehead	Thurs, 2pm	£5
	Stogursey	Tues, 10.30am	£4

For more information please call Age UK Somerset on 01823 345624  
email: [ageingwell@ageuksomerset.org.uk](mailto:ageingwell@ageuksomerset.org.uk) or visit [www.ageuksomerset.org.uk](http://www.ageuksomerset.org.uk)