











Join in the fun on zoom or phone.

All activities are free and training and support provided.

Book on **01273 688 117** or lifelines@volunteeringmatters.org.uk

Day	Activity	Details
Mon	Seated Pilates Gentle exercise to stretch and strengthen your muscles	 10am - 30 mins Zoom
	Beginners Bridge Don't be shy, we'll show you newbies how to play	 12pm - 30mins Zoom
Tue	Seated Pilates Gentle exercise to stretch and strengthen your muscles	 10am - 30 mins Zoom
	The Big Quiz - with Sue A fun, light-hearted, quiz - have a pad and pen ready	 11am - 30 mins Zoom & Phone
Wed	Seated Pilates Gentle exercise to stretch and strengthen your muscles	 10am - 30 mins Zoom
Thu	Seated Pilates Gentle exercise to stretch and strengthen your muscles	 10am - 30 mins Zoom
	The Big Quiz - with Colin A fun, light-hearted, quiz - have a pad and pen ready	 11am - 45 mins Zoom & Phone
Fri	Seated Pilates Gentle exercise to stretch and strengthen your muscles	 10am - 30 mins Zoom
	Coffee Morning Make your own coffee, but join us for the chat and gossip	 11am - 60 mins Phone
	Sing Well with Lifelines Have fun belting out classic songs with Annie	 2 pm - 75 mins Zoom & Phone