

Activities aimed at the Over 55s.

Social coffee mornings with gentle exercise classes, in the wonderful setting of St John's Place - try a new activity, meet new friends and stay mobile.

Friday mornings - Doors open 10:30 - Everyone welcome!

November 4 th	10:45 Chair yoga with Louise	11:25 Coffee and conversation
November 11 th	No class Remembrance service followed by coffee	
November 18 th	10:45 Exercise to Music with Jane	11:25 Coffee and conversation
November 25 th	10:45 Chair yoga with Louise	11:25 Coffee and conversation
December 2 nd	10:45 Exercise to Music with Jane	11:25 Coffee and conversation
December 9 th	10:45 Exercise to Music with Jane	11:25 Coffee and conversation
December 16 th	10:45 Chair yoga with Louise	11:25 Coffee and conversation



Christmas/New Year break Dec 23rd and 30th



Cost: for class and refreshments £5

No special clothing/equipment needed, just wear loose & comfortable clothing