



## Programme of Online Activities

September 2020

1 <sup>st</sup>	8 <sup>th</sup>	15 <sup>th</sup>	22 <sup>nd</sup>	29 <sup>th</sup>
am	am	am	am	am
Coffee and catchup 11.30am	We Care session with Judith Goldsmith  11.30am	Tea Dance with Teresa 11.30am	Quiz & Hangman  11.30am	Paradise Revisited talk with Peter Mathers 11.30am
pm	pm	pm	pm	pm
Chair-based exercises with Darren 1.30pm	Chair-based yoga with Diana 1.30pm	Bingo with Rachel & Liz from AXA 1.30pm	Sabrina Ward Singer 1.30pm	Self-care Tips with Katherine 1.30pm

If you would like to join in and of these sessions on Zoom, email [memorylaneipswich@gmail.com](mailto:memorylaneipswich@gmail.com) and we will send you the link. Simply click on the link and join in the session 😊