

REGGAETIVITY



“
The atmosphere is great,
Sharon is really a great tutor
and she tailors the pace to
the learners' abilities.”

“
Silver Active helps me to
feel happier. I don't feel
as lonely.”



SILVER ACTIVE

AUTUMN 2020 PROGRAMME

Monday
Telephone chat

Tea, Chat and Stretch

1:30-2:30pm

Join Michael for a quick guided stretch session followed by a chat and mini quiz with Sarayu on a different topic each week. Dialling in to this group session is completely free!

Call Sarayu on 07951391426 for more info and to register

Thursday
Zoom session

Reggaetivity

1:15-2:30pm

Join Sharon on Zoom for some fun & fitness

Chair-Based exercise
1:15-1:45pm

Dance fitness
1:50-2:30pm

Meeting ID:
844 670 0594

Password: Jahla

Coming Soon

Our resident artists Pauline and Christina have put together a fun programme of art activities using things from around the home.

Look out for the poster with all the info soon!

**Join us on
your phone,
tablet or
computer**

**All classes will run from
Monday 7th September – Thursday 15th October**

We're continuing to connect via Zoom and over the phone while we cannot meet in person.

Join one or more of our FREE weekly activity sessions for a mood boost and the chance to interact with new people.

If you're new to exercise don't worry, our classes are tailored to all levels of ability. If you are unsure if a class is suitable for you or want help getting onto Zoom, please get in touch.

Any questions?

Contact Naomi on
07736 135 260
naomi.freeman@groundwork.org.uk