

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

WINTER/SPRING 2021 PROGRAMME



Homes for Haringey



Monday Chat

Tea and Chat

1.30-2.30pm

18 Jan - 22 March

Join Sarayu for a quick guided stretch session followed by a chat and mini quiz 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

Tuesday Games

Telephone Bingo

2.30-3.30pm

9 Feb - 23 March

Dial in for a game of bingo and a chat!

Call or email Naomi to register (contact details below) and we will post a set of bingo tickets to you.

Thursday Exercise

Reggaetivity

1.15-3pm

21 Jan - 25 March

1:15-1:45

Chair Based Yoga

1:50-2:30

Dance Fitness

Stay around until
3pm for a chat!

Join Zoom Meeting
**[www.reggaetivity.
groundwork.
community](http://www.reggaetivity.groundwork.community)**

Meeting ID:
836 0889 5940

Passcode:
Jahla

Friday Create

Chat and Make

10:30am-Midday

5th Feb - 26th March

Join Pauline and Christina on Zoom to make some simple yet creative works of art using items from around your home.

Sessions are for all abilities, easy to follow and a time to have a chat and a laugh with the group!

Register with Naomi via the details below to receive the Zoom link and weekly instruction sheets.

Any questions?

For more information, to register, or for phone support to set up Zoom on your device, please contact Naomi:

07736 135260

naomi.freeman@groundwork.org.uk

Join us on
your phone,
tablet or
computer