Living Better Online

November 2026 week 3

These sessions are held on Teams

MONDAY 16TH NOVEMBER	6.30PM	TAI CHI WITH MARY
TUESDAY 17TH NOVEMBER	2.00PM	GUIDED RELAXATION WITH VAL
TUESDAY 17TH NOVEMBER	4.45PM	MINI TAI CHI WITH MARY
WEDNESDAY 18TH NOVEMBER	9.15AM	MINI TAI CHI WITH MARY
WEDNESDAY 18TH NOVEMBER	3.00PM	MEMBERS LED COFFEE & CHAT WITH KATE
THURSDAY 19TH NOVEMBER	4.45PM	MINI TAI CHI WITH MARY
FRIDAY 20TH NOVEMBER	9:15AM	MINI TAI CHI WITH MARY

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