

Living Better Online

May 2026 week 4

These sessions are held on Teams



penny@myself-management.org or info@myself-management.org



MONDAY 25 TH MAY	4.00PM	LONG COVID CHAT WITH JOANNE
MONDAY 25 TH MAY	6.30PM	TAI CHI WITH MARY
TUESDAY 26 TH MAY	3.00PM	GENTLE SEATED MOVEMENT WITH KATE
TUESDAY 26 TH MAY	4.45PM	MINI TAI CHI WITH MARY
WEDNESDAY 27 TH MAY	9:15AM	MINI TAI CHI WITH MARY
WEDNESDAY 27 TH MAY	3.00PM	MEMBERS LED COFFEE & CHAT WITH MARY
THURSDAY 28 TH MAY	2.00PM	FORUM THEME TBC WITH JOANNE
THURSDAY 28 TH MAY	4.45PM	MINI TAI CHI WITH MARY
THURSDAY 28 TH MAY	7.00PM	MAY QUIZ WITH JOANNE
FRIDAY 29 TH MAY	9:15AM	MINI TAI CHI WITH MARY