

Living Better Online

June 2026 week 4



These sessions are held on Teams

MONDAY 22 ND JUNE	6.30PM	TAI CHI WITH MARY
TUESDAY 23 RD JUNE	3.00PM	GENTLE SEATED MOVEMENT WITH KATE
TUESDAY 23 RD JUNE	4.45PM	MINI TAI CHI WITH MARY
WEDNESDAY 24 TH JUNE	9.15AM	MINI TAI CHI WITH MARY
WEDNESDAY 24 TH JUNE	3.00PM	MEMBERS LED COFFEE & CHAT WITH KATE
THURSDAY 25 TH JUNE	4.45PM	MINI TAI CHI WITH MARY
FRIDAY 26 TH JUNE	9:15AM	MINI TAI CHI WITH MARY



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