

Living Better Online

October 2026 week 1



These sessions are held on Teams

MONDAY 5 TH OCTOBER	6.30PM	TAI CHI WITH MARY
TUESDAY 6 TH OCTOBER	2.00PM	GUIDED RELAXATION WITH VAL
TUESDAY 6 TH OCTOBER	4.45PM	MINI TAI CHI WITH MARY
WEDNESDAY 7 TH OCTOBER	9.15AM	MINI TAI CHI WITH MARY
WEDNESDAY 7 TH OCTOBER	3.00PM	MEMBERS LED COFFEE & CHAT WITH KATE
THURSDAY 8 TH OCTOBER	4.45PM	MINI TAI CHI WITH MARY
FRIDAY 9 TH OCTOBER	9:15AM	MINI TAI CHI WITH MARY



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