

Living Better Online March/April 2026 week 5/1



These sessions are held on Teams

TUESDAY 31 ST MARCH	4.45PM	MINI TAI CHI WITH MARY
WEDNESDAY 1 ST APRIL	9.15AM	MINI TAI CHI WITH MARY
WEDNESDAY 1 ST APRIL	3.00PM	MEMBERS LED COFFEE & CHAT WITH KATE
THURSDAY 2 ND APRIL	11.00AM	GENTLE SEATED MOVEMENT WITH KATE
THURSDAY 2 ND APRIL	4.45PM	MINI TAI CHI WITH MARY



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