

# Living Better Online

**March 2026 week 1**



These sessions are held on Teams

MONDAY 2 <sup>ND</sup> MARCH	6.30PM	TAI CHI WITH MARY
TUESDAY 3 <sup>RD</sup> MARCH	3.00PM	GENTLE SEATED MOVEMENT WITH KATE
TUESDAY 3 <sup>RD</sup> MARCH	4.45PM	MINI TAI CHI WITH MARY
WEDNESDAY 4 <sup>TH</sup> MARCH	9.15AM	MINI TAI CHI WITH MARY
WEDNESDAY 4 <sup>TH</sup> MARCH	3.00PM	MEMBERS LED COFFEE & CHAT WITH KATE
THURSDAY 5 <sup>TH</sup> MARCH	4.45PM	MINI TAI CHI WITH MARY
THURSDAY 5 <sup>TH</sup> MARCH	7.00PM	CROMARTY POTTERY DEMO
FRIDAY 6 <sup>TH</sup> MARCH	9:15AM	MINI TAI CHI WITH MARY



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