

Living Better Online

March 2026 week 4



These sessions are held on Teams

MONDAY 23RD MARCH	4.00PM	LONG COVID CHAT WITH JOANNE
MONDAY 23RD MARCH	6.30PM	TAI CHI WITH MARY
TUESDAY 24TH MARCH	2.00PM	GUIDED RELAXATION WITH RUTH
TUESDAY 24TH MARCH	4.45PM	MINI TAI CHI WITH MARY
WEDNESDAY 25TH MARCH	9.15AM	MINI TAI CHI WITH MARY
WEDNESDAY 25TH MARCH	3.00PM	MEMBERS LED COFFEE & CHAT WITH RUTH
THURSDAY 26TH MARCH	7.00PM	QUIZ NIGHT WITH JOANNE



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