Living Better Online

October 2026 week 4

These sessions are held on Teams

MONDAY 26TH OCTOBER	6.30PM	TAI CHI WITH MARY
TUESDAY 27TH OCTOBER	3.00PM	GENTLE SEATED MOVEMENT WITH KATE
TUESDAY 27TH OCTOBER	4.45PM	MINI TAI CHI WITH MARY
WEDNESDAY 28TH OCTOBER	9.15AM	MINI TAI CHI WITH MARY
WEDNESDAY 28TH OCTOBER	2.00PM	LIVING WITH PERSISTENT PAIN WITH KATE
WEDNESDAY 28TH OCTOBER	3.00PM	MEMBERS LED COFFEE & CHAT WITH KATE
THURSDAY 29TH OCTOBER	4.45PM	MINI TAI CHI WITH MARY
THURSDAY 29TH OCTOBER	7.00PM	OCTOBER QUIZ WITH JOANNE
FRIDAY 30TH OCTOBER	9:15AM	MINI TAI CHI WITH MARY

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