

## Monday

Library 9am-12pm

Chair Pilates 1  
11.15am-12.15pm  
12.30-1.30pm

Library open  
1-4pm

Rhyme Time  
2-2.45pm

Body Orchestra  
2.30-3.30pm

Zumba  
5.30-6.30pm

## Tuesday

Library open  
9am-12pm

Chair Yoga Well  
Living  
10.30-11.30am

Playlist for Life  
12-1.45pm

Free hand massage  
2-4pm

Reader group  
2.30-4pm

## Wednesday

Library open  
9am-12pm

Art Group  
10am-1pm

Belly Dancing  
11am-12.15pm

Library open  
1-4pm

Exercise with Aga  
4-5pm

Tai Chi class  
6-8pm

## Thursday

Morrison Financial  
Planning  
9am-4pm  
19 May

Library open  
10am-12pm

Stitch in Time  
11am-1.30pm

Cuppa with a copper  
12-1pm  
26 May

Library open  
2-4pm

## Friday

Chair Yoga 1  
10.30-11.15am  
Chair Yoga 2  
11.30-12.15am

Babies Ballet  
1-2pm

Library open  
2-4pm

 age  
exchange

## Special events

Book Sale  
7 May

Trinity Concert  
27 May

For friendly 1:1 smartphone and iPad  
advice please ask at the Info Desk

[www.age-exchange.org.uk/whats-on-now](http://www.age-exchange.org.uk/whats-on-now)