

Monday

Library open
9am-12pm

Rhyme Time with Es
9.15-10am
Until 18 October

Chair Pilates 1
11.15am-12.15pm

Chair Pilates 2
12.30-1.30pm

Library open
1-4pm

Body Orchestra
2.30-3.30pm

Tuesday

Library open
10am-12pm

Chair Yoga Well
Living
10.30-11.30am
From 28 September

Library open
2-4pm

Reader group
2.30-4pm

Wednesday

Morrison Financial
Planning
9am-4pm
20 October

Art Group
10am-1pm

Belly Dancing 1
10am-11am
Starts 13 October

Belly Dancing 2
11.15am-12.15pm
Starts 13 October
Exercise with Aga
4-5pm

Thursday

Library open
9am-12pm

Stitch in Time
11am-1.30pm

Library open
2-4pm

Friday

Chair Yoga 1
10.30-11.15am

Chair Yoga 2
11.30-12.15am

Chair based
movement
2-4pm



Special events

Book Sale
10am-4pm
2 October

Trinity Laban concert
12pm
29 October

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