

AA60+ Zoom Timetable

Please check your emails every Monday for the zoom links to each class

Monday

10.30am: Monday Mindfulness (Starting 14th Sep)

10.30am: Choir (Starting 21st Sep for 6 weeks)

3pm: Coffee & Chat

Tuesday

11am: Chi Kung

12pm: Gardening Zoomshop

2pm: Tai Chi

Wednesday

11am: Cooking at Home (Starting 19th Aug)

Thursday

11am: Ballroom Dancing (Starting 24th Sep)

12pm: Gardening Zoomshop

12.30pm: Ballroom Dancing

3pm: Chair Exercises (Starting 20th August)

Friday

10.30am: Florence Art Class (Starting Sep 11th)

11am: Line Dancing

12.30pm: Line Dancing

If you'd like to have a meeting about becoming a member, please book an appointment with Rosa via email: rosa@castlehaven.org.uk or call 0207 692 2238.