

 <b>THIRD AGE PROJECT</b> <b>Third Age Project – Autumn Term 2020</b>  <b>THIRD AGE PROJECT</b>					
<b>Centre-based activities programme from Monday 5th October 2020</b>					
Sessions	Monday 5th	Tuesday 6th	Wednesday 7th	Thursday 8th	Friday 9th
Open at 9.30 am  Sessions  <b>10 – 1 pm</b>	<b>Beginners Guide to digital tablets</b>  with Zoe Lee 10 – 12 noon  <i>Starts today!</i>	<b>Buddy Walk</b> 10.30 with Ursula  <b>De-Stressing &amp; Relaxation Sessions</b> 10 – 11am (Cheryl)  <b>Chair-based</b> 12 – 1 pm (Susan) <i>also with zoom</i>	<b>Buddy Walk</b> 10.00 am with David 10.30 am with Gabby  <b>Cycle Group</b> 10.00 am Dominic/Mary  <b>Seated Yoga</b> with Katia 10 – 11.30 am  <b>CAGE Cricket</b> 11.30 am MUGA pitch  <b>Introduction to Zoom with lunch</b> with Jodie 12 – 1 pm	<b>Third Age Drama</b> with Gary 11 am – 1 pm (12 noon – 1 pm with Steve)  <i>Also with zoom</i>	<b>Art Classes</b> With Joanna 11 am – 1.30 pm
Cleaning	1.00 – 1.30 pm	1.00 – 1.30 pm	1.00 – 1.30 pm	1.00 – 1.30 pm	1.00 – 1.30 pm
Sessions  <b>2 – 4 pm</b>  Close at 4.30 pm	<b>Tell your Story</b> (Using tablets) with Zoe Lee 2 – 4 pm  <i>Starts Today!</i>	<b>Bollywood Dance</b> with Georgia 2 – 4 pm <i>also with zoom</i>	<b>Table Tennis</b> 12.30 pm with David  <b>Bingo Club</b> (starts at 2.30 pm) 2.00 – 4.30 pm with Gabby <i>plus zoom</i>	<b>Name that Tune!</b>  2 – 3 pm with Steve on the keyboard <i>The human jukebox!</i>	<b>Men's Club</b> 2 – 4.30 pm
cleaning	4.30 – 5.00 pm	4.30 – 5.00 pm	4.30 – 5.00 pm	4.30 – 5.00 pm	4.30 – 5.00 pm

<div>  <b>Third Age Project – Autumn Term 2020</b>  <b>Online Activities from Monday 5th October 2020</b>  </div>					
Sessions	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM</b>	<b>Chi Gung</b> (a taster session) with John  Please email or phone us if interested?  <b>ESOL English Club</b> with Luvain <i>starting 05/10 via WhatsApp</i>	<b>Chair-based Exercise</b> 12 – 1 pm (Susan) <i>with zoom</i>	<b>Line Dance</b> With Emma 9.30 – 10.30 am  <b>Yoga</b> With Katia 10 am – 11.30 am <i>Health Club</i> 11 – 12.20 pm (Philomena) <i>all with zoom</i>	<b>Tai Chi</b> <b>10 – 11 am</b> (with Nik) Via zoom	<b>Men's Cookery Club</b> With Luvain 11 am – 2 pm <i>Starting 09/10 Via WhatsApp</i>
<b>PM</b>	<b>Tap into TAP Health Chat</b> 2- 3.00 pm with Philomena & Gabby  <i>both with zoom</i>	<b>Bollywood Dance</b> with Georgia 2-4 pm  <b>Volunteer Forum</b> 4 – 5 pm  Both with zoom	<b>Bingo Club</b> 2.30 – 4.30 pm with Gabby <i>with zoom</i>	<b>New!</b> <b>Name that Tune Online Antics!</b> with Steve 2 – 4 pm Via zoom	<b>Country Dance</b> with Mary 2 – 2.40 pm Via zoom

All of the above are online with some also based at the centre If you need any help in getting online please ring TAP on 020- 7383 4922. To access each of the above online sessions you will need to have a digital device such as a computer, tablet or smartphone and send an email to [info@thirdageproject.org.uk](mailto:info@thirdageproject.org.uk) to receive the link