|  |  |  |  |
| --- | --- | --- | --- |
| Day and Time | Session Type | Session Name | Description |
| Mon 17th Oct1pm-2pm | Fitness | Seated exercise | A Physiotherapy led chair based exercise class for all levels and abilities. The class is fun, friendly and the exercises are easily adaptable to you.  |
| Mon 24th Oct1pm-2pm | Fitness | Gym session | Physiotherapy guided session, opportunity to do light exercise using equipment in our gym.  |
| Mon 31st Oct1pm-2pm | Fitness | Balance Group | A physiotherapy led class to help your balance, co-ordination and confidence to exercise.  |
| Mondays2pm-3pm | Connection | Stop and Chatter | Come and join us for a cuppa and have a chat. Therapy dog in attendances |
| Tues 25th Oct 11am -12.30pm | Creative | Arts and crafts | Guided art or craft session, all materials supplied |
| Tues 25th Oct 1pm – 1.30pm | Wellbeing | Relaxation - Mindfulness | During this session we will show different types of relaxation techniques, so you can find one or more that suits you |
| Tues 25th Oct 1.30-2.30pm | Creative | Music and Memories | Chance for you to share a special song. Simply request what song you would like, the group will listen to it together and you can share your thoughts or associated memories. |
| Tues 25th Oct 2.30-3.30pm | Connection | Stop and Chatter | Come and join us for a cuppa and have a chat.  |
| Weds 19th Oct 1.45 – 2.45pm | Wellbeing | Tai Chi | Tai Chi slow flowing, continuous movements to relax, strengthen and energise the body, Exercise will mainly be seated but can be advanced to standing if able. |
| Weds 19th Oct 2.45-3.30pm | Connection | Stop and Chatter | Come and join us for a cuppa and have a chat.  |
| Weds 26th Oct 1.30-2.15pm | Wellbeing | Deep Rest Session | Deep Rest with meditation session. Deep rest invites a greater sense of calm and easing. Please wear comfy clothing and bring a blanket and pillow if you can |
| Weds 26th Oct 2.15-3.15pm | Connection | Stop and Chatter | Come and join us for a cuppa and have a chat.  |
| Weds 26th Oct1.30-3.00pm | Creative | Men’s Shed | We will be offering sessions covering woodworking / craft skills suitable for patients to use/improve the skills /capabilities to produce products they will enjoy creating. |
| Thurs 20th Oct 11am -12.30pm | Creative | Arts and crafts | Guided art or craft session, all materials supplied |
| Thurs 27th Oct, 1.30-2.30pm | Fitness | Movement to Music | Seated Zumba class - Fun and exercise to music, aimed at all levels and ability. |
| Weekly Thursday 2.30-3.30pm | Connection | Stop and Chatter | Come and join us for a cuppa and have a chat. Therapy dog in attendances |
| Mon 7th Nov1pm-2pm | Fitness | Fitness games | Get fit with easy games. Aimed at all levels and ability.  |
| Mondays2pm-3pm | Connection | Stop and Chatter | Come and join us for a cuppa and have a chat. Therapy dog in attendances |
| Tues 8th Nov 11am -12.30pm | Creative | Arts and crafts | Guided art or craft session, all materials supplied |
| Tues 8th Nov1 – 2pm | Wellbeing | Spiritual creative art group | Guided visualisation followed by the opportunity to use drawings or paintings to express aspects of the journey that resonate. |
| Tues 8th Nov 2 - 3pm | Connection | Stop and Chatter | Come and join us for a cuppa and have a chat.  |
| Weds 2nd Nov1.45 – 2.45pm | Wellbeing | Tai Chi | Tai Chi slow flowing, continuous movements to relax, strengthen and energise the body, Exercise will mainly be seated but can be advanced to standing if able. |
| Weds 2nd Nov2.45-3.30pm | Connection | Stop and Chatter | Come and join us for a cuppa and have a chat.  |
| Weds 9th Nov1.30-2.15pm | Wellbeing | Deep Rest Session | Deep Rest with meditation session. Deep rest invites a greater sense of calm and easing. Please wear comfy clothing and bring a blanket and pillow if you can |
| Weds 9th Nov2.15-3.15pm | Connection | Stop and Chatter | Come and join us for a cuppa and have a chat.  |
| Weds 9th Nov1.30-3.00pm | Creative | Gardening Group | Practical gardening activity, inside if poor weather or in our beautiful gardens if the weather is fair. Activities will involve light exercise only and should be manageable for all.  |
| Thurs 3rd Nov 11am -12.30pm | Creative | Arts and crafts | Guided art or craft session, all materials supplied |
| Thurs 3rd Nov, 10th Nov 1.30-2.30pm | Fitness | Movement to Music | Seated Zumba class - Fun and exercise to music, aimed at all levels and ability. |
| Weekly Thursday 2.30-3.30pm | Connection | Stop and Chatter | Come and join us for a cuppa and have a chat. Therapy dog in attendances |
| Mon 7th Nov1pm-2pm | Fitness | Fitness games | Get fit with easy games. Aimed at all levels and ability.  |
| Mondays2pm-3pm | Connection | Stop and Chatter | Come and join us for a cuppa and have a chat. Therapy dog in attendances |