

April Events

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THE JOY CLUB

make the most of your retirement

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This month's theme: Wellbeing

Mon	Tue	Wed	Thu	Fri	Sat
<input type="checkbox"/> 12pm Welcome for new members 3 <input type="checkbox"/> 3pm Low-Impact Dance Fitness <input type="checkbox"/> 4pm Seated Low-Impact Dance Fitness	<input type="checkbox"/> 9.15am Chair yoga with Margarita 4 <input type="checkbox"/> 12pm Time to talk with Jen <input type="checkbox"/> 2pm Good mood food cooking class <input type="checkbox"/> 4pm Luke's Literary talk: Shakespeare in Therapy	<input type="checkbox"/> 9.30am Tai Chi & Qigong with Jerry 5 <input type="checkbox"/> 11am Creative Writing with Grace	<input type="checkbox"/> 11am Solo dancing with Tracie 6 <input type="checkbox"/> 5pm Gentle Hatha yoga with Margarita	<input type="checkbox"/> 10.15am Nature Drawing with Jane 7 <input type="checkbox"/> 11.15am Cardio with Jill <input type="checkbox"/> 12.15pm Coffee Break <input type="checkbox"/> 1pm How to have more time <input type="checkbox"/> 3.30pm Welcome for new members	
<input type="checkbox"/> 9.15am Yogalates with Margarita 10	<input type="checkbox"/> 9.15am Chair yoga with Margarita 11 <input type="checkbox"/> 10.30am Mindfulness with Catherine <input type="checkbox"/> 3pm Welcome for new members <input type="checkbox"/> 4pm Origami with Nick: Mindfulness	<input type="checkbox"/> 9.30am Tai Chi & Qigong with Jerry 12 <input type="checkbox"/> 11am Creative Writing with Grace <input type="checkbox"/> 2pm Criminal psychology: Addiction & Crime	<input type="checkbox"/> 11am Solo dancing with Tracie 13 <input type="checkbox"/> 1pm LGBT+ Workshop: Getting involved in the conversation <input type="checkbox"/> 3pm Introduction to stargazing <input type="checkbox"/> 4pm Welcome for new members <input type="checkbox"/> 5pm Gentle Hatha yoga with Margarita	<input type="checkbox"/> 10.15am Portraits with Jane 14 <input type="checkbox"/> 11.15am Cardio with Jill <input type="checkbox"/> 12.00pm Coffee Break <input type="checkbox"/> 1pm Nutrition with Valentina <input type="checkbox"/> 2.30am Drama with Catherine	<input type="checkbox"/> 10am Tai Chi & Qigong with Jerry 15



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Mon	Tue	Wed	Thu	Fri	Sat
<input type="checkbox"/> 11am Laughter Therapy 17 <input type="checkbox"/> 12pm Welcome for new members <input type="checkbox"/> 3pm Low-Impact Dance Fitness <input type="checkbox"/> 4pm Seated Low-Impact Dance Fitness	<input type="checkbox"/> 9.15am Chair yoga with Margarita 18 <input type="checkbox"/> 10.30am Mindfulness with Catherine <input type="checkbox"/> 12.30pm LGBT+ history: Our Past and Present <input type="checkbox"/> 2pm Wellness wake up beauty <input type="checkbox"/> 4pm Coffee break	<input type="checkbox"/> 9.30am Tai Chi & Qigong with Jerry 19 <input type="checkbox"/> 11am Creative Writing with Grace <input type="checkbox"/> 1pm Welcome for new members <input type="checkbox"/> 2pm Starting a small business in retirement	<input type="checkbox"/> 11am Solo dancing with Tracie 20 <input type="checkbox"/> 2pm Welcome for new members <input type="checkbox"/> 3pm French with Georgia <input type="checkbox"/> 5pm Gentle Hatha yoga with Margarita	<input type="checkbox"/> 10.15am Nature drawing with Jane 21 <input type="checkbox"/> 11.15am Circuits with Jill <input type="checkbox"/> 1pm Bridge for beginners	<input type="checkbox"/> 9.30am Painting and drawing with Vicky 22
<input type="checkbox"/> 9.15am Yogalates with Margarita 24 <input type="checkbox"/> 11am Women's reflective writing <input type="checkbox"/> 1pm Wonder Workers!	<input type="checkbox"/> 9.15am Chair yoga with Margarita 25 <input type="checkbox"/> 10.30am Mindfulness with Catherine <input type="checkbox"/> 1pm Live music with Toby <input type="checkbox"/> 4pm Welcome for new members	<input type="checkbox"/> 9.30am Tai Chi & Qigong with Jerry 26 <input type="checkbox"/> 11am Creative Writing with Grace <input type="checkbox"/> 2pm By the pricking of my thumbs: History of witch trials	<input type="checkbox"/> 11am Solo Dancing with Tracie 27 <input type="checkbox"/> 12.30pm Welcome for new members <input type="checkbox"/> 3.30pm Coffee Break <input type="checkbox"/> 5pm Gentle Hatha yoga with Margarita	<input type="checkbox"/> 10.15am Portraits with Jane 28 <input type="checkbox"/> 11.15am Cardio with Jill <input type="checkbox"/> 2.30pm They don't write them like that anymore...	<input type="checkbox"/> 10am Tai Chi & Qigong with Jerry 29
1	2	3	4	5	6
		<p>Check out our blog for exclusive daily content!</p>	<p>Check out our past events on our "Recordings" tab!</p>	