



Group Activities - May 2022

Thursday 5th May - **Yoga** - 11-45-12-45pm £3.00

Friday 6th May **Tai Chi** - 10.30-11.30 am via Zoom £2.50

Friday 6th May **Dying Matters Event** 2-4pm Free

Thursday 12th May - **Yoga** - 11-45-12-45pm £3.00

Friday 13th May **Tai Chi** - 10.30-11.30 am via Zoom £2.50

Monday 16th May **Walking Group B - Short Walk** -
11am-12 noon (Meeting at Llandrindod Lake)

Thursday 19th May - **Yoga** - 11-45-12-45pm £3.00

Friday 20th May **Tai Chi** - 10.30-11.30 am via Zoom £2.50

Thursday 26th May - **Yoga** - 11-45-12-45pm £3.00

Friday 27th May **Tai Chi** - 10.30-11.30 am via Zoom £2.50

Friday 27th May **Bereavement Group** - 2- 4pm

Monday 30th May **Walking Group A - Long Walk** -
11am-12 noon (Meeting at Elan Valley Visitors Centre)

The Bracken Singers meet every Tuesday at 10am -12 noon
(Meet @ Llanyre Church Hall)

- 9th May Knighton HUB - Community Centre
- 18th May Llanwrtyd Wells HUB - Doctors Surgery
- 30th May Llanidloes HUB - Old Post Office

(* Please note HUB attendance is by appointment only)

For more information about our activities or you are would like to attend one of the HUBs, please speak to one of our nurses in person or on 01823646