**GOLDEN YEARS MARCH PROGRAMME**

**SPCA**

**FREE MEMBERSHIP AND ACTIVITIES FOR PEOPLE**

**AGED 60+ IN CAMDEN**

**WEEKLY ON ZOOM**

**MONDAYS 2pm-3pm GOLDEN YEARS SINGERS**

No experience needed, just a love of singing

**TUESDAYS 1pm-2pm MINDFULNESS** **MEDITATION**

Gentle session to relax, reduce stress and anxiety and

improve sleep

**WEDNESDAYS 1pm-2pm BOOK GROUP**

Read some great books & talk about them

 **WEDNESDAYS 1.30-3.30pm RELAX WITH ART**

Free creative drawing course run by Working Men’s College, enrolment is required

**THURSDAYS 11am-11.30am WELLBEING AT HOME**

Things we can do at home to improve our wellbeing

 **FRIDAYS 11am-12pm CHAIR EXERCISE**

Gentle chair exercise session to improve health &

fitness

**FRIDAYS 12pm-1pm ART HISTORY**

Learn about the paintings you like and the artists

who created them

**SPECIAL EVENTS**

**Tuesday 16 Mar 11am-12.30pm PLANTS & WELLBEING CREATIVE DRAWING**

**Wednesday 17th and 24th March 11am-12pm RELAX WITH YOGA**

**For more information call Jane on 07754 328 295 or** **goldenyears@spca.org.uk**

**Saint Pancras Community Association**