


January - April 2020



Facebook- Young @ Heart Hook

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Date <b>3pm-5pm</b>	Activity	Where and what you need to know/do
Mon 6 <sup>th</sup> January	Bingo	The Base
Mon 13 <sup>th</sup> January *	CPR training with a pack from the Parish Council- dummy and DVD	The Base
Mon 20 <sup>st</sup> January *	Amanda Bellia Exercise Class	The Base Wear loose clothing and footwear (No Claire)
Mon 27 <sup>th</sup> January *	Australia Day	The Base
Mon 3 <sup>rd</sup> February	Tai Chi (using a DVD-Tai Chi Fit for the over 50's)	Dress as you would for Amanda's class- loose clothing and comfortable footwear.
Mon 10 <sup>th</sup> February	Oscars Film Quiz	The Base
Mon 17 <sup>th</sup> February	Tension- a crazy naming game	The Base
<i>Fri 21<sup>st</sup> February @7pm</i>	<i>Possible trip to see film 'Judy'</i>	<i>Cross Barn- Odiham</i>
Mon 24 <sup>th</sup> February *	Musical bingo	The Base
Mon 2 <sup>nd</sup> March	St David's Day – a celebration of all things Welsh!	The Base
Mon 9 <sup>th</sup> March *	Amanda Bellia Exercise Class	The Base Wear loose clothing and footwear
Mon 16 <sup>th</sup> March	Finish the well-known proverbs	The Base
Mon 23 <sup>rd</sup> March	Match the famous quote to the famous person who said it	The Base
Mon 30 <sup>th</sup> March	Easter Activities	The Base
Mon 6 <sup>th</sup> April *	Easter Bonnet competition	The Base The hat will be provided, as will some decorations, but please feel free to bring your own.
Mon 13 <sup>th</sup> April	<b>Easter Monday- No Y@H</b>	
Mon 20 <sup>nd</sup> April	Let's celebrate our Queen's Birthday.	The Base
Mon 27 <sup>th</sup> April	Amanda Bellia Exercise class	The Base-wear loose clothing and footwear
Mon 4 <sup>th</sup> May *	 Y@H Bake off	Bring a small cake (homemade or bought!) and we will all sample a small piece of each.

