

Feel Better and Enjoy Life More

at Broadway URC

Boardom Busters !

Table Games

Tuesday 2-4pm : 4th Nov, 2nd Dec, 6th Jan, 3rd Feb, 3rd Mar,
7th Apr, 5th May, 2nd Jun, 7th Jul, 4th Aug, 1st Sep, 6th Oct.

Threads

Crafting

Wednesday 2-4pm : 19th Nov, 21st Jan, 18th Feb, 18th Mar,
15th Apr, 20th May, 17th Jun, 15th Jul, 19th Aug, 16th Sep.

Look After Yourself

Gentle Exercise Seated

Every Thursday 10.30—11.30 am

Today's our Day

Dementia and other conditions

For cared-for and their carers and family

Every Thursday 2-4pm

All in a friendly and relaxed atmosphere

Free, donations welcome

Why not pop-in and try it?

In the hall, 77, High Street, Broadway . WR12 7AL

More information about activities overleaf

and from **Mark 07949 296 738**

www.broadwayurc-worcs.org.uk/inthecommunity



Would you like to Feel Better and Enjoy Life More?

Why not talk to us about joining our activities for all-round wellness that are **here to help anyone to get out of the house, meet new people, make friends, and have fun doing something that you enjoy?** Let us know if you'd like to hear more by contacting us . Or why not just pop in and try it?

Mark 07949 296 738 markp.broadwayurc@outlook.com

BOARDOM BUSTERS! Table Games. You can choose which games you'd like to play from our large and varied store of games. Then you'll be introduced to each other to play the game for an enjoyable afternoon. It's an opportunity to enjoy games you already know, and to try out new games too. You can play several different games in an afternoon if you 'd like to. **Old friends can meet up, and new friendships can begin.**

THREADS Crafting . Knit, crochet, and chat in a friendly atmosphere. Some of us work on our own projects, but we also share in making things for others. Squares are stitched together to make blankets, for adults, children and babies. Teddy bears are knitted to bring cheer to bewildered little ones. **Bring your own crafts, join in on a community project, chat.**

LOOK AFTER YOURSELF. Gentle exercise seated or standing to improve your all-round wellness in a fun way. Qualified tutors lead us through exercise to music one week, and Tai Chi the following week. All in a friendly and relaxed environment. Stay on for tea, coffee, and chat afterwards if you like. **Balance, Mobility, Strength.**

TODAY'S OUR DAY. Dementia and other conditions. If you are a carer spend time relaxing and chatting to folk in the same boat who understand. Meanwhile your cared-for is next door with our volunteers. Playing games, doing crafts, having fun. Or you could join in with them if you prefer. **Carers : Friendship, advice, relaxation. Cared- for : fun, games, crafts.**

Donations of £2-3 are welcome per session, but please do come even if you don't have the money. Coffee and cake included. All of these events are held in the URC Hall, 77, High Street, Broadway. WR12 7AL. All facilities are wheelchair, buggy accessible. Come when you can, stay as long as you like.



Days , dates and times overleaf