

The Wyldewoods Activity Sheet

	Activity/Time	Time	Location	To book please contact
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Mon	Pilates with Caz	10:30am	Pavillion	cazpilates.co.uk / 07786 351383
	Coffee and chat	11:00am	Bar area	KellyMarks@retirementvillages.co.uk
	Local vocal singing group	3:15pm	Library	Michaelreynoldsmusic@gmail.com
	Yoga	6:00pm	Pavillion	Felicityjohnsoncooke@gmail.com

Tue	Tai Chi	11:00am	Pavillion	KellyMarks@retirementvillages.co.uk
	Coffee and chat	11:00am	Bar area	KellyMarks@retirementvillages.co.uk

Wed	Pilates with Caz	10:30am	Pavillion	cazpilates.co.uk / 07786 351383
	Seated Pilates with Caz	11:30am	Pavillion	cazpilates.co.uk / 07786 351383
	Creative writing group	6:30pm	Library	Exclusive to residents

Thu	Coffee and chat	11:00am	Bar area	KellyMarks@retirementvillages.co.uk
	Creative art activities	1:30pm	Library	Exclusive to residents

Fri	Coffee and chat	11:00am	Bar area	KellyMarks@retirementvillages.co.uk
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