



## Seniors seated exercise group and monthly lunch At

Corpus Christi Church Hall, Trent Road

London SW2 5BJ —

Seated exercise group starts at 10.30a.m in the church hall. Once a month we have lunch which starts at 12.45p.m contact John Bateson 07722260434

January 2023 Monday 9<sup>th</sup> Seated exercise  
Monday 23 Seated exercise and lunch

February 2023 Monday 6<sup>th</sup> Seated exercise  
Monday 20<sup>th</sup> Seated exercise and lunch

March 2023 Monday 6<sup>th</sup> Seated exercise  
Monday 20<sup>th</sup> Seated exercise and lunch

April 2023 Monday 3<sup>rd</sup> Seated exercise  
Monday 17<sup>th</sup> Seated exercise with lunch

May 2023 Monday 1<sup>st</sup> Seated exercise  
Monday 15<sup>th</sup> Seated exercise and lunch

June 2023 Monday 5<sup>th</sup> Seated exercise  
Monday 19<sup>th</sup> Seated exercise and lunch

July 2023 Monday 3<sup>rd</sup> Seated exercise  
Monday 17<sup>th</sup> Seated exercise and lunch

August break no exercise or lunch  
September 2023 Monday 4<sup>th</sup> Seated exercise  
Monday 18<sup>th</sup> Seated exercise and lunch

October 2023 Monday 2<sup>nd</sup> seated exercise  
Monday 16 seated exercise and lunch

November 2023 Monday 6<sup>th</sup> seated exercise  
Monday 20<sup>th</sup> seated exercise and lunch

December: 4<sup>th</sup> Seated exercise, 18<sup>th</sup> Christmas lunch

