



Friday 23rd August
2019 at the URC
Chesham from
10am to 4pm

*Come along and enjoy a fun, relaxed day, see
old friends, meet new people and enjoy good
food*

10-10.30am	Arrival and refreshments
10.30-11.15am	Armchair T'ai Chi
11.15am	Coffee with fun activities to include Quizzes, Scratch Art and Puzzles
12 noon	Hot Lunch
1-1.45pm	Animals are Fun
2- 3pm	Sing a Long
3.15pm	Cream Tea of Scones, Jam & Cream
4pm	Home (with transport if needed)

Cost £3.00 per person