



# **Pickering In-Touch Group**

## **January – March 2018**

- 9<sup>th</sup> Jan**      **Music & Movement, gentle exercises.**
- 11<sup>th</sup> Jan**      **Pickering In-Touch group:**  
**Welcome Back. New activities announced.**
- 16<sup>th</sup> Jan**      **Music & Movement, gentle exercises.**
- 25<sup>th</sup> Jan**      **Pickering In-Touch group:**  
**North Yorkshire Music Therapy. Singing**  
**and playing with musical instruments.**
- 30<sup>th</sup> Jan**      **Music & Movement, gentle exercises.**
- 8<sup>th</sup> Feb**        **Pickering In-Touch group: Household Bills.**  
**Are you getting the best deal?**

- 9<sup>th</sup> Feb**      **Boccia Group. Learn this gentle and competitive sport. Suitable for all abilities.**
- 13<sup>th</sup> Feb**      **Music & Movement, gentle exercises.**
- 21<sup>st</sup> Feb**      **Technology Group: Learn how hand-held devices, phones and tablets, may be the daily living aid you are looking for.**
- 22<sup>nd</sup> Feb**      **Pickering In-Touch group:  
Fun & Games. School Days Reminiscing.**
- 23<sup>rd</sup> Feb**      **Boccia Group.**
- 26<sup>th</sup> Feb**      **February Friendly. Tea party with members from Malton In Touch Group.**

**27<sup>th</sup> Feb Music & Movement, gentle exercises.**

**8<sup>th</sup> Mar Pickering In-Touch group:  
Subject to be confirmed**

**9<sup>th</sup> Mar Boccia Group.**

**13<sup>th</sup> Mar Music & Movement, gentle exercises.**

**21<sup>st</sup> Mar Technology Group.**

**22<sup>nd</sup> Mar Pickering In-Touch group:  
Fun & Games. Bingo**

**23<sup>rd</sup> Mar Boccia Group.**

**27<sup>th</sup> Mar Music & Movement, gentle exercises.**