

# Sixty plus

It's all go at Katherine Low!!

# Dec 2018

## Monday

**Yoga £**  
11:30—12:45

**Line Dancing £**  
2:30-3:30

**Community Choir**  
4:00 -6:00

## Tuesday

**Chair Based \***  
Dance 10:30-11:30

**Chair Exercise \***  
11:30-12:30

**Lunch Club £3.50**  
12:30-1:30

**Fortnightly Fun &  
Games at KLS**  
1:30-3pm

**Alternative weeks  
Contact Club @  
Dimson Lodge**  
Battersea Church Road

## Wednesday

**Sewing group £2**  
10:00-11:30

**Exercise Activities \***  
(Intermediate level)  
11:30-12:30

**Dance for Life \***  
11:30-12:30  
New term 12th Sept

**Lunch Club £3.50**  
12:30-13:30

## Thursday

**Tai Chi £**  
10:00-11:15 and  
11:30-12:45

**Chair Exercise \***  
10:00-11:00 and  
11:00-12:00

**Lunch Club £3.50**  
12:30-13:30

**Drama group**  
1:00-3:00

## Friday

Activities with a £ indicates a small cost

\* Please call to find out about spaces in our exercise classes

**Katherine Low Settlement**  
**108 Battersea High Street**  
**SW11 3HP**

**020 7223 2845 ask for Dawn, Lucie or Sarah**



Katherine Low Settlement  
since 1924