



Covid 19 Group/Compassionate Kenilworth Activities

Please call 01926 919340 (Mon to Fri 10-12 & 2-4) to book into our activities. This enables us to keep an eye on numbers and ensure you are safe.

Arts & Crafts - Come for a natter and have some fun doing some arty, crafty stuff
Held alternate Mondays at The Senior Citizens club (top end of Abbey End Car Park)

Next Sessions :

Monday, 20th September at 10.30am to 12.

Monday, 4th and 18th October, 10.30am to 12.

Breathing Techniques - Learn how to breathe properly for better health and sleep and manage anxiety and stress.

Held at the Kenilworth Centre (Abbey End Car Park)

Sessions :

Monday 27th September at 11am

Monday 11th October at 11am

Gentle Seated Exercise/Seated Circle Dancing - a "taster" session

Come try a seated exercise dance class. This is a fun gentle physical activity to music that can be easily adapted to suit the needs and abilities of a group.

Held at the Waverley Day Centre (65 Waverley Road)

Session :

Thursday, 23rd September at 11-12.

Knit & Natter - come and knit some squares for scarves and blankets that will be sent to Syria/Gaza for winter - or just finish your knitted sweater in company. Novices welcome. Maybe learn to knit a scarf for winter..

Held alternative Tuesdays at Senior Citizens Club (top end of Abbey End Car Park)

Next Session:

Tuesday, September 28th at 4.30 to 6

October 12th and 26th at 4.30 to 6

The Chatty Bus (with Warwickshire Rural Community Charity) -

Join us on [Beauchamp Road](#) each Friday morning (10.15 to 12) till **October 15th** for tea, coffee, cake and lots of friendly faces for a natter. The Chatty Bus is a mobile "pop up" cafe. This is held outside, under a canopy, so no need to book for this. Just turn up.