

# Sight Life groups and activities 2024

**Conference line for Telephone Groups**

**02922 790 175 Code 2122**

**Valerie telephone 07707 295 121**

**Monday - 10.30am Elderfit telephone exercise group. Led by Physical Trainer Gareth from Elderfit**. Exercise at home over the phone on a conference call with others. Fully described, Monday is seated and standing exercises. Great fun and workout to suit ability. There is a fee for this session but you can have a taster session for free.

**Monday – 1.30pm Book Club**. Monthly, usually the second Monday of the month either in the activity room or local café. Informal chat about chosen audio books, the group take turns to choose a book to discuss with varied topics. Next Group 13 Nov.

**Monday** - **fortnightly 1.30pm Singing Group.** No experience necessary, singing for fun. Next Session 13 November.

**Monday - Macular group**. Monthly meeting first Monday of the month in our activity room 10.30am. Next meeting 04 March.

**Tuesday 10.30am Bird Chat**. Monthly, usually on the last Tuesday of the month in our activity room. All about birds and their songs and calls. Next group Tuesday 27 February.

**Tuesday - 11am Cycling at Pedal Power weekly**. 11am at Pedal Power, Sophia gardens, by the camp site. £6 for the session

**Tuesday - 11am Doga**. Monthly, on the first Tuesday of the month. Chair yoga for members with guide dogs sitting in the session. Next session 06 February.

**Tuesday – 1.30pm Afternoon chat**. Weekly in our activity room. Informal group in a café like setting.

**Wednesday - 11am Chair yoga**. Weekly in the activity room. Stretching and relaxation.

**Wednesday - 1.30pm V I Tennis**. Weekly, meeting at David Lloyd Sports centre Newport Road. Session usually costs £7.50

**Wednesday – 1.30pm** **Knit and natter group.** In the activity room fortnightly, no experience necessary, bring your knitting or crochet. Next session14 February.

**Thursday - 10am Photography group.**  Fortnightly in the activity room. Bring your own camera, the group often visit places of interest together. Help and advice is shared also. Next meeting 15 February.

**Thursday – 11am Elderfit exercise group**. Weekly, on the telephone, on zoom and in person.

**Friday – 10am Gardening club.** Weekly at the allotments at Rhydypennau. Raised beds for gardening and with sighted volunteers on hand. Gardening club will resume in Spring 2024.

**Friday 11am and repeated at 2pm Fun quiz on the telephone**. Cryptic clues, Kazoo guess the tune and potluck rounds. No prizes, just fun! Play in an allotted team. Fortnightly.

**Friday 10am Welsh conversation** and rusty Welsh speakers on the telephone weekly.

Occasional groups such as **Theatre group**, we attend audio described performances in the theatre as and when they occur.

**Drama Group** restarting soon.

**V I ramblers** meet monthly for usually six-mile walks in the countryside. Next ramble will be on Tuesday 06 February.

We also have touch tours and trips to St Fagans and the Museum.

Dates

22 February St Fagans

21 March Museum

New group – guitar jam coming soon.