



# COVENTRY MOVES ACTIVITIES GUIDE

At Coventry Moves, we offer a wide variety of activities for people who are over 50 and may have lost touch with friends or family and want to connect with people in the community, get active or just have someone to talk to.

We offer three different types of activities so there is something for everyone.

## Sports - £25 per session

- Gentle yoga
- Walking club
- Walking football
- Walking netball
- Walking basketball
- Seated exercise
- Archery

## Artistic - £35 per session

- Finger painting
- Gardening Club
- Seated Dance
- Sing Along
- Arts & Crafts

## Social - £25 per session

- Memory Boxes
- Tea, Cakes & Chats
- Book Club
- Music & Film Club
- Dominoes Club
- Chess Club
- Reminiscing Club

Contact Andrei Roman - [aroman@cvlife.co.uk](mailto:aroman@cvlife.co.uk) for more details or to book.

