

# Getting Together Matters

Launching Monday 11th May 2020

Inspired by the innovative work from our [LifeLines](#) programme in Brighton, Getting Together Matters is a new project from Volunteering Matters running remotely across England, Scotland and Wales as part of our COVID-19 Response Programme. Guidance on accessing the sessions from home is available - ask us when you get in contact.

## Mondays

- 10am Seated Pilates
- 12pm Beginners Bridge
- 2pm Armchair Travel with George

## Tuesdays

- 10am Seated Pilates
- 11am The Big Quiz Live
- 2pm Gentle Armchair Exercise with Dean

## Wednesdays

- 10am Seated Pilates
- 11am Current affairs chat with Andrew, Martha and Ruby
- 2pm Reminiscence with Gill
- 3:30pm Spanish with Hasun and Alfredo

## Thursdays

- 10am Seated Pilates
- 11am The Big Quiz
- 2pm Fitness with Dean

## Fridays

- 10am Seated Pilates
- 11am Coffee Morning
- 2pm Sing Well With Lifelines

