

Steady & Social

The Perfect Balance

Mondays, 12.30pm to 1.30pm at Bedford Central Library

Do you want to stay active in later life, concerned about your balance, strength and posture?

Our specially designed Tai Chi class will offer a gentle way to stay active and remain steady on your feet. Take part from a chair or standing. The gentle class will grow your confidence and develop your strength.



Ages 55 & upwards • All welcome • First come first served • #JustTurnUp
Arrive early on the day as it's first come first served, there is a max capacity for safety
Gentle Tai Chi on a rolling basis - come as often or as little as you like

Monday - 14 th October - 12.30-1.30pm	Monday - 9 th December - 12.30-1.30pm
Monday - 21 st October - 12.30-1.30pm	Monday - 16 th December - No Session
Monday - 28 th October - 12.30-1.30pm	Monday - 23 rd December - No Session
Monday - 4 th November - 12.30-1.30pm	Monday - 30 th December - No Session
Monday - 11 th November - 12.30-1.30pm	Monday - 6 th January - 12.30-1.30pm
Monday - 18 th November - 12.30-1.30pm	Monday - 13 th January - 12.30-1.30pm
Monday - 25 th November - 12.30-1.30pm	Monday - 20 th January - No Session
Monday - 2 nd December - 12.30-1.30pm	Monday - 27 th January - 12.30-1.30pm

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Tuesdays, 10.00am to 11.00am at The Higgins Bedford

Do you want to stay active in later life, concerned about your balance, strength and posture?

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In the beautiful and relaxing gallery at The Higgins Bedford art gallery & museum
Arrive early on the day as it's first come first served, there is a max capacity for safety
Gentle Tai Chi on a rolling basis - come as often or as little as you like

Tuesday- 15 th October - 10.00-11.00am	Tuesday-10 th December - 10.00-11.00am
Tuesday- 22 nd October - 10.00-11.00am	Tuesday-17 th December - No session
Tuesday- 29 th October- 10.00-11.00am	Tuesday-24 th December - No Session
Tuesday-5 th November - 10.00-11.00am	Tuesday -31 st December - No Session
Tuesday-12 th November -10.00-11.00am	Tuesday- 7 th January - 10.00-11.00am
Tuesday- 19 th November-10.00-11.00am	Tuesday - 14 th January - 10.00-11.00am
Tuesday-26 th November -10.00-11.00am	Tuesday - 21 st January- No Session
Tuesday-3 rd December - 10.00-11.00am	Tuesday - 28 th January -10.00-11.00am