

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

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| 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

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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

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| 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 |