

LOCKDOWN LIFE

Issue 43

March 2021

Happy Birthday!

This week we would like to wish Sheryl a very



Celebrate!



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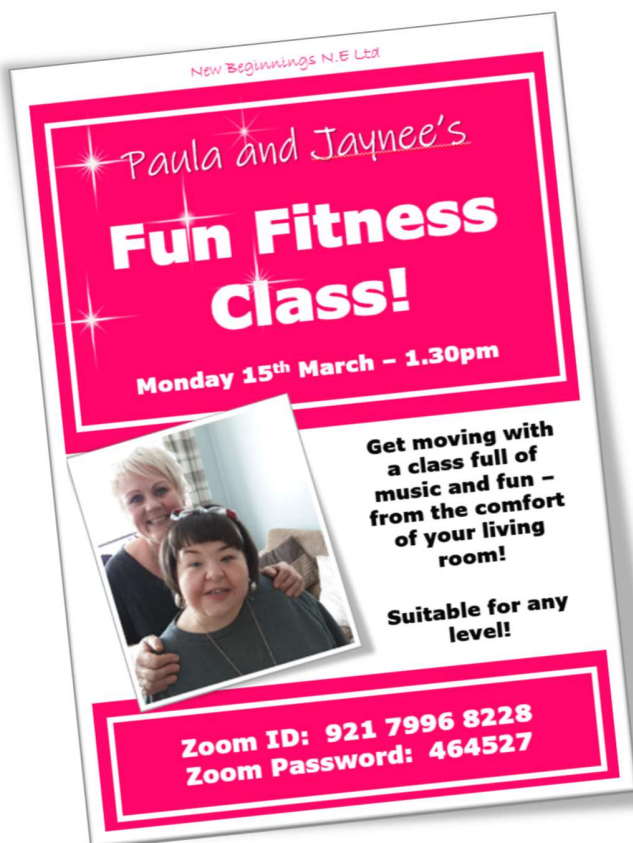
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It looks like you had a lovely time celebrating Sheryl! Happy Birthday!!

Fun Fitness!

Our first Fun Fitness class with Paula and Jayne was brilliant!

The class was energetic and fun, and you can stay in your chair the whole time if you like - perfect for anyone that is new to exercise, or for those with mobility issues.



New Beginnings N.E Ltd

Paula and Jaynee's
Fun Fitness Class!

Monday 15th March - 1.30pm

Get moving with
a class full of
music and fun -
from the comfort
of your living
room!

Suitable for any
level!

Zoom ID: 921 7996 8228
Zoom Password: 464527

The classes are on Zoom so it's a great opportunity to chat to people too!

Would you like to join in with Paula's Fun Fitness Class? Contact the Personalisation and Wellbeing Department if you need any help getting started with Zoom!

NEXT CLASS MONDAY 15TH MARCH!

Let's Get Growing!

We have some great news from the Ngage allotment – a gardener is coming to visit for the next few weeks to get the allotment tidy and ready for summer activities!



This year we are looking for people with a sunny windowsill to look after some of our plants and baby seedlings before they are ready to be planted out at the allotment.



Could you help look after some seedlings?

Contact
mairi.lees@nbneltd.co.uk
for more info!