

Monday 25th April



Amy Haddon from Mid & North Powys MIND is joining the group to talk about the services MIND offer

Are you ready for your private tour of Ranorshire Museum? Set in the heart of Llandrindod Wells there are lots in store inside!



Monday 2nd May: CLOSED - BANK HOLIDAY

Monday 9th May



Some of you may be familiar with the Powys Dementia Home Treatment Team, we will learn more about the services the team provide when joined by Anna Voss today



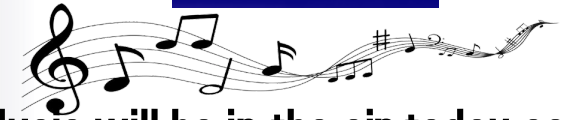
Spring is well and truly in the air and the Wildlife is active! Jenny Mottershead from Radnorshire Wildlife Trust is joining us to talk about Radnorshire Wildlife, to give tips on action to combat climate change, how to record wildlife, to talk about various projects RWT are running, such as 'save the Wye' and much

more!



Monday 16th May

Impelo



Music will be in the air today as we're joined by Impelo for a morning exercise session to get the blood pumping!



After lunch we will continue the theme of music but in a more sedentary way! Bring your favourite cushion and get comfortable with Sarah Beasley-Wood from Beat It Percussion as she soothes away tension with the SoundBath experience - prepare to be relaxed!

