

Dear all,

Due to Government requirements putting London into Tier 2, **Sword Fencing and Table Tennis are no longer permitted indoors**. The few other activities which have re-opened at WAC are, as we understand it, subject to the distancing and other hygiene methods which must continue to be implemented. Thanks very much too Alan for spending ages seeking clarifications. The Tier 2 regulations also reinforces earlier Government advice to minimise use of public transport.

The re-opening of Tai Chi in WAC, which had been agreed, can still go ahead. They have asked us to print this:

"Tai Chi returning to the Waterloo Action Centre (WAC) from 4th November 2020 Wednesdays 14.15 to 15.15. Laura is delighted to welcome you back to Tai Chi classes enabled by WAC. Classes will be for 9 attendees in total to allow social distancing. The class price is £4.00 per person as previous funding is no longer available. Please email taichiwac@gmail.com by 1pm on Tuesdays to book on. If you know of previous attendees who do not use email please email taichiwac@gmail.com for a contact number for them."

Computer Class and Zoom cancellations for this week - Unfortunately Sheila will not be able to run Gentle Exercise this week. Hopefully she will be able to resume next week.

Due to the Tier 2 regulations Liam will not be able to run the Tuesday computer class this week.

The use of WAC on Wednesday 21st by the local GP clinic has been long-planned so there cannot be a computer session that day. That should be back next week. There **is a computer training session on Friday 11-1.**

We very much **hope as many people as possible will join the Zoom session at 2.30 on Thursday 22nd.** The 25th weekly session Franck, who is a WAC Trustee and on "normal" Thursdays a volunteer on WAC reception, has organised this for us on a voluntary basis. Even if you have not been on one of these before PLEASE join us for this session.

<https://us02web.zoom.us/j/2696560548?pwd=am5hWjFpNVBReGZJUmtR2NIUldmZz09>

This will move into a dance, which can be done seated, led by Jean Le Clerc. Stay for that too if you can. It is highly appropriate as Jean normally organises the dancing at WAC celebrations. One day we will all be able to dance together in person again.

We attach a list of sessions on Zoom. If you need training on use of zoom please let us know. chrisdwac@gmail.com. We are now able to broaden that beyond Lambeth residents although still focuses on people who are over 65 or have disabilities.

Take care. Best wishes Jenny

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