

## **Waterloo Action Centre (WAC) activities on Zoom**

**Everyone welcome to all/any of them. All free.** To enter just click on the code. Should be possible from a computer/ tablet/ phone. Any difficulties see bottom of page for help.

**Gentle Exercise - Tuesday at 10.50 am** by Sheila Dickie who, in less troubled times, runs the weekly class at WAC. If you do not have the daily exercises sheets Sheila refers to let David at WAC know [wac.office1971@gmail.com](mailto:wac.office1971@gmail.com) and we will e-mail or post them.

**Entry code for Gentle exercise is** Join Zoom Meeting

<https://us04web.zoom.us/j/75641861396?pwd=K1NVaC9hTm9LazFCVkvVWbjBycWlDQT09> Meeting ID: 756 4186 1396 Passcode: m1gbrR

The reason we need people to get in from 10.50 to 11am is that once Sheila starts the Gentle Exercise call at 11 am she is busy and can't see if people are still trying to get in. From 10.50-11 people can chat together.

**Entry code for Happy Thursday chat group** 2.30-3

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

**Chat group mainly aimed at WAC regular users but open to anyone** followed by

**Dance to music of 60s-80s led by Jean Leclerc.** Includes a lot of hand movements so people can join in seated Thursday at 3pm -3.30 Same code as Happy Thursday chat above.

**Other sessions for which you pay if/what you can afford :-**

**Jean Le Clerc has a lot of the other dances he tutors at WAC now on Zoom and You Tube.** More info 07944775556 [parisrockclub@gmail.com](mailto:parisrockclub@gmail.com)  
[www.parisrockclub.com](http://www.parisrockclub.com) His dances now include some in French.

**Laura Ichajapanich** who in "normal" times runs **Tai Chi** at WAC is continuing the Mondays and Fridays Moving Qi-gong online at 10-10.30am.  
website: [www.movingqi.co.uk](http://www.movingqi.co.uk)

**Life drawing / creative art sessions** - mindful still life which is every Monday 12.30-1.30pm and 6-7pm

- creative drawing workshops every Tuesday 12.30-1.30pm

- creative drawing workshops on Thursdays 12.30-1.30pm and 6-7pm

all info and links to everything <http://londondrawing.com/online-creative-sessions/>  
all abilities and ages welcome

PLUS!!!

London Drawing have recordings of all other sessions so you can pick a class to watch and draw along with-

<https://londondrawing.com/recordings-of-online-classes-and-events/> "

**Don't know how to use Zoom?** It is straightforward but if you are stuck we will try to help over the phone – contact [chrisdwac@gmail.com](mailto:chrisdwac@gmail.com)

