



MASBRO ELDERS PROJECT ONLINE DECEMBER PROGRAMME

Tuesday December 1st at 2pm

Christmas Treats - Live baking demonstration with Ffion from City Harvest

Join us today to watch Ffion stir up a delicious, easy bake - perfect for gifting!

Plus - We want your favourite Festive food stories! Whatever you celebrate - tell us what makes the season special for you.

Tuesday December 8th at 2pm

Christmas Crafts with Debra Collis.

Get creative with your Christmas cards this year - make your own gorgeous festive greetings for friends and family.

Tuesday December 15th at 2pm

Stretch and Flex - chair based exercise session

Tis' the season to eat one too many a mince pie... join us today for some well-earned exercise!

Tuesday December 22nd at 2pm

Live Carol Concert with Victoria Stilwell

We are delighted to invite you to raise the roof in the comfort of your own home while singing along with Victoria to your favourite carols and Christmas songs!

We look forward to seeing you on zoom and wish everyone a joyous festive season and a healthy, happy 2021!

To receive your zoom link to any of the above sessions, please contact Tina Wood on 07738 789 427, or email tina@upg.org.uk