



Registered Office: c/o St Paul's Church, 346 Foleshill Road, Coventry, CV6 5AJ

"Coming together is a beginning, staying together is progress, and working together is success"

**PLEASE NOTE: Our regular Ekta Unity Charity's activities restart from Monday 11th October 2021
(See Full Schedule Below)**

MONDAYS: AT St Paul's Church, 346 Foleshill Road, Coventry, CV6 5AJ

10:30am-3:00pm: Yoga & Chair Exercises, Luncheon Club with a Healthy and Nutritious hot Indian meal, together with Arts & Craft Activities and Guest Speakers conducting workshops about various Health issues, and healthy cooking, etc.

WEDNESDAYS: AT: St Paul's Church, 346 Foleshill Road, Coventry, CV6 5AJ

10:30am-12:30pm: Coffee Morning/Drop-in Sessions together with wellbeing and health support. Your opportunity to socialise with others over a cup of tea, coffee, and snacks.

12:30pm-2:30pm: Music and Singing sessions.

THURSDAYS: AT: St Paul's Church, 346 Foleshill Road, Coventry, CV6 5AJ

10:30am-12:30pm: Knitting Group.

FRIDAYS: AT: War Memorial Park, Kenilworth Road, Coventry, CV3 6PT

11:00am-12:30pm: Walking Group (leisurely walk with light exercise and socialising).

SUNDAYS: AT: St Paul's Church, 346 Foleshill Road, Coventry, CV6 5AJ

8:00am-9:00am: Yoga Session/Wellbeing Exercises.

We look forward to everyone taking part in our activities and welcome referrals/partnership working. In addition, we will be announcing brand new and exciting activities soon.

Sanjay Jagatia

CEO

Ekta Unity Charity

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For more information about Ekta Unity Charity, please visit:

Facebook: <https://www.facebook.com/ektaunitycoventry/>

Twitter: @EktaUnity3

Instagram: ektaunity1

Website: www.ekta-unity.org