

CORE NEWSLETTER
BY
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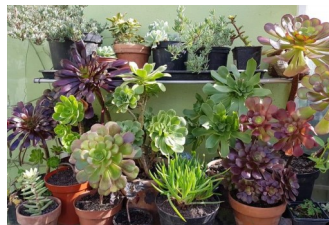
THURSDAY 9TH APRIL



Core moves online

As you may have heard COVID-19 has locked down the Country, but Core are still battling on and have moved our services online through pre-recorded videos on our Vimeo page. All tutors have been having lots of fun creating some really brilliant videos for you all to watch, join in and gain inspiration from whilst you continue your distant learning from home across all five of our departments; Art, Music, Sport, Multimedia and Horticulture. It has been two weeks since we closed and we have nearly 200 videos uploaded. What a great team we all have! Core Sport has been busy keeping everyone active through it's daily live classes and online videos, as well as member socials too on ZOOM. We are hoping to bring you some live classes from the other depart-

ments after the Easter break too, but of course, we will keep you all updated as we start to expand our online offer. If you don't have log in details yet, please get in touch with your



The Core Arts Garden is being well maintained.

membership manager, we have all set up our 'at home offices' and are all working remotely, so feel free to get in touch, we all love hearing from you (also getting to see your work through the WhatsApp chats.)

Core Landscape has been super busy too and making use of the glorious sunshine, with Nemone tending to the Core gardens, keeping them looking beautiful until we are able to return, although she is missing all the fabulous volunteers and members who help her out each week. It has been really lovely to see the changes on the Core Facebook page, as well as getting some green fingered tips on her Vimeo videos. For those that don't have access to the internet, we can help support you by sending out postal packs of classes and activities for you to do on your own, to help keep your routine going or you can even let us know how creative and active you are being with what you have at your disposal! Let us know how we can help support you during this time.

Live Classes on Zoom

Core Sport have been delivering live classes in lots of different activities which have been really popular from Hip Hop, Street Jazz and Contemporary Dance styles, BoxFit, Circuit Training, Yoga, and Stretch and Relaxation. As well as a weekly Social so you can get to see and chat

with your peers. We shall also be expanding the live physical activity classes we are offering over the next couple of weeks too. After Easter we will be offering live classes in Art and Music too with some of your favourite tutors. Not to worry if you are not able to make the

time of the live class, we still have loads of videos on Vimeo to keep you busy and creative in your own time.



