



Weekly Activities Spring 24

Mondays 2.15-4pm <i>No session on the two bank holidays</i>	Golden Social	Golden Lane Community Centre, Fann St EC1Y ORD	Tea, coffee, chat, board games, crafts, films, visiting speakers
Tuesdays 10.30-11.30am	Very gentle health walk (for Square Mile Health Walks see Walks Programme)	Meet outside Fusion Golden Lane leisure centre, Fann St EC1Y OSH	A social walk to improve confidence, balance and stability. Tea & coffee to finish
Tuesdays 5.30-7pm	IT Support	Barbican Library, Barbican Centre EC2Y 8DS	Bring along your phone or tablet to get help with using it. For complete beginners and those needing a little extra help
Wednesdays 2-4pm	Textile Crafts/ Knit and Natter (alternate Wednesdays)	Artizan Library Artizan St E1 7AF	Textile-based crafts including knitting, crochet, weaving, felting and macrame
Fridays 10.30-11.15am	Yoga online	Zoom – contact Alice for details	A small friendly class for those new to yoga. Can be done either seated or standing
Fridays 2.15-3.15pm	Tai Chi	Golden Lane Community Centre	Contact Alice about joining

For more info email Alice.Westlake@AgeUKCityofLondon.org.uk

or call 0203 488 6884 (Mon-Thurs)

www.ageukcityoflondon.org.uk

Calendar May 24:

When	What	Where	How
Sat 4th May 11am–12 noon	Square Mile Health walk: St Pauls circular	Meet at St Pauls tube, Café Nero	Just turn up
Mon 6 th May	NO Golden Social – May Day Bank Holiday	Golden Lane Community Centre	n/a
Wed 8 th May 2 - 4pm	Knit and Natter	Artizan Library	Just turn up
Sun 12 th May 10am-12noon	Square Mile Health walk: St Pauls to Tower Hill circular	Meet at St Pauls tube, Cafe Nero	Just turn up
Mon 13 th May 11am-12noon	Gadget Clinic	TSB 20 Gresham Street EC2V 6DT	Please contact Finley directly: Finley.Allott@ageukcamden.org.uk
Mon 13th May 2-4pm	Alexandra Epps, Art Historian will be giving a talk on <i>An Artist's Best Friend: The Dog in Art</i>	Golden Lane Community Centre	Just turn up Prompt 2pm start
Thurs 16 th May 2-4pm	Square Mile Health walk: Shakespeare to Royal Exchange circular	Meet at rear of Shakespeare Pub, 2 Goswell Road	Just turn up
Mon 20 th May 10.30am-12 noon	Art Discussion Group	Zoom	Just log in Meeting ID: 849 376 2063 Passcode: hello
Mon 20th May 2-4pm	Golden Social: <i>film tbc- if you have a suggestion let me know!</i>	Golden Lane Community Centre	Just turn up Prompt 2pm start
Wed 22 nd May 10am-4pm approx	Coach trip to Kew Gardens Among other attractions those who are interested can visit the Marc Quinn- Light into Life exhibition in the Shirley Sherwood Gallery	Kew Gardens Coach will leave from and return to Fann Street, Barbican	Contact Alice to book a place
Wed 22 nd May 2 – 4pm	Knit and Natter	Artizan Library	Just turn up
Sat 25 th May 6.45-8.45pm	British Museum community view of <i>Legion: Life in the Roman Army</i> and <i>Michelangelo the last decades</i>	British Museum	Contact Alice to book a place
Mon 27 th May	NO Golden Social – Whitsun Bank Holiday	Golden Lane Community Centre	n/a

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