

Date	Time	Activity/Event	Venue	Extra info
Monday 28 th September	10.30am	Digital Support	Age UK Redbridge, Barking and Havering office, 4 th Floor, 103 Cranbrook Road, IG1 4PU	Digital Support session (fully booked) in progress, however please pop in to see the group in action and to pop in for a leaflet.
Monday 28 th September	12.30pm		Wanstead Activity Centre 2 Grove Park E11 2DL	Join us for lunch – please pre book before 11am on the day or in advance via 020 8989 6338
		Falls prevention exercise classes	Various in Redbridge	Booking in advance is required. Please contact amber.mirza@ageukrbh.org.uk 07535 953 763
		Social activities	Various in Redbridge	Booking required via Age UK Di's Diamonds Service. Email disdiamonds@ageukrbh.org.uk or call 07494035950
Tuesday 29 th September	12.30pm	Lunch	Wanstead Activity Centre 2 Grove Park, Wanstead E11 2DL	If you require lunch served at 12:30, please book before 11:00 on the day or in advance on 020 8989 6338
Wednesday 30 th September	10am - 2pm	Positive Ageing Week Main Event	The Exchange Ilford 3rd floor near health centre	Information stalls and refreshments. Exercise taster sessions and health checks.
Thursday 1 st October International Day of older people	10.30am	Digital Support	Age UK Redbridge, Barking and Havering office, 4 th Floor, 103 Cranbrook Road, IG1 4PU	Digital Support session (fully booked) in progress, however please pop in to see the group in action and to pop in for a leaflet.
Friday 2 nd October	1.30pm	Opening of 'Ageing Well' Exhibition by The Mayor of Redbridge	Wanstead Activity Centre 2 Grove Park, Wanstead E11 2DL	Lunch served at 12.30 if required, by booking before 11:00 on the day or in advance on 020 8989 6338