

## Drovers Activities Centre – August 2019

MON 29 <sup>th</sup> JULY	TUE 30 <sup>th</sup> JULY	WED 31 <sup>st</sup> JULY	THU 1 <sup>st</sup> AUG	FRI 2 <sup>nd</sup> AUG
<p><b>Sugar Craft</b> – 10am-12noon – Free</p> <p><b>Bingo</b> – 1-3pm – Free</p> <p><b>Card Games</b> – 1-3pm – Free</p> <p><b>Chair Pilates</b> – 3:30-4:30pm - £3</p>	<p><b>Tai Chi</b> -10:30am-12noon - £3 (last session until 10/09/19)</p> <p><b>Painting &amp; Art</b> - 11am-1pm – Free (Session running but Jess away, returning 20/08/19)</p> <p><b>Keep Fit</b> – 1:30-2:30pm - £2</p>	<p><b>Music Group</b> -10:30am-12noon – Free</p> <p><b>Special Reminiscence</b> - Glenda's poetry - 11am-12noon - Free</p> <p><b>Needlecraft</b> – 1-2:30pm – Free</p> <p><b>Bloomin' Gardeners</b> – 2-4pm – Free</p> <p><b>IT support</b> by appointment only – 3:15pm-onwards – Free</p> <p><b>Line Dancing</b> – 5-7pm – £2-4</p>	<p><b>Hairdressing</b> – 9:30am-12:30pm – ask reception for price list</p> <p><b>Table Tennis &amp; Dominoes</b> – 10am-12noon – Free</p> <p><b>Painting &amp; Art</b> - 10am-12pm – Free</p> <p><b>Soup &amp; Salads Community Kitchen</b> - 10am-12noon – Free</p> <p><b>Community lunch</b> – 12noon-1pm - £2 donation</p> <p><b>Bingo</b> – 1-3pm – Free</p> <p><b>Fabric Printing &amp; Embroidery</b> – 2:30-4:30pm – Free</p>	<p><b>Short Mat Bowls</b> – 10am-12noon – Free</p> <p><b>Water colour</b> – 1-3pm – Free</p> <p><b>Chair Based Yoga</b> - 2-3pm - £3</p>

MON 5 <sup>th</sup> AUG	TUE 6 <sup>th</sup> AUG	WED 7 <sup>th</sup> AUG	THU 8 <sup>th</sup> AUG	FRI 9 <sup>th</sup> AUG	SUN 11 <sup>th</sup> AUG
<p><b>Sugar Craft</b> – 10am-12noon – Free</p> <p><b>Bingo</b> – 1-3pm – Free</p> <p><b>Card Games</b> – 1-3pm – Free</p> <p><b>Chair Pilates</b> – 3:30-4:30pm - £3</p>	<p><b>Painting &amp; Art</b> - 11am-1pm – Free (Session running but Jess away, returning 20/08/19)</p> <p><b>Keep Fit</b> – 1:30-2:30pm – Free</p> <p><b>IT support</b> by appointment only – 3pm-onwards – Free</p>	<p><b>Music Group</b> - 10:30am-12noon – Free</p> <p><b>Sing-a-long</b> – 11am-12noon</p> <p><b>Needlecraft</b> – 1-2:30pm – Free</p> <p><b>Caribbean Folk Dance</b> – requires booking - 1-2:30pm – Free</p> <p><b>Bloomin' Gardeners</b> - 2-4pm – Free</p> <p><b>Cardio Fun with Pilates</b> – 3-4pm – £3</p> <p><b>IT support</b> by appointment only – 3:15pm-onwards – Free</p> <p><b>Line Dancing</b> – 5-7pm- £2-4</p>	<p><b>Hairdressing</b> – 9:30am-12:30pm – ask reception for price list</p> <p><b>Table Tennis &amp; Dominoes</b> – 10am-12noon – Free</p> <p><b>Painting &amp; Art</b> – 10am-12pm – Free</p> <p><b>Bingo</b> – 1-3pm – Free</p> <p><b>Fabric Printing &amp; Embroidery</b> – 2:30-4:30pm – Free</p> <p><b>Boccia</b> – 3-4pm - Free</p>	<p><b>Short Mat Bowls</b> – 10am-12noon – Free</p> <p><b>Water colour</b> – 1-3pm – Free</p> <p><b>Chair Based Yoga</b> - 2-3pm - £3</p>	<p><b>Short Mat Bowls</b> – 2-4pm – Free</p>

MON 12 <sup>th</sup> AUG	TUE 13 <sup>th</sup> AUG	WED 14 <sup>th</sup> AUG	THU 15 <sup>th</sup> AUG	FRI 16 <sup>th</sup> AUG
<p><b>Sugar Craft</b> – 10am-12noon – Free</p> <p><b>Bingo</b> – 1-3pm – Free</p> <p><b>Card Games</b> – 1-3pm – Free</p> <p><b>Chair Pilates</b> – 3:30-4:30pm - £3</p>	<p><b>Painting &amp; Art</b> - 11am-1pm – Free (Session running but Jess away, returning 20/08/19)</p> <p><b>Keep Fit</b> – 1:30-2:30pm – Free</p>	<p><b>Music Group</b> -10:30am-12noon – Free</p> <p><b>Special Reminiscence</b> with Colin Levy - 11am-12noon - Free</p> <p><b>Needlecraft</b> – 1-2:30pm – Free</p> <p><b>Bloomin' Gardeners</b> – 2-4pm – Free</p> <p><b>Cardio Fun with Pilates</b> – 3-4pm – £3 (last session until 4<sup>th</sup> sept)</p> <p><b>IT support</b> by appointment only – 3:15pm-onwards – Free</p> <p><b>Line Dancing</b> – 5-7pm-£2-4</p>	<p><b>Hairdressing</b> – 9:30am-12:30pm – ask reception for price list</p> <p><b>Table Tennis &amp; Dominoes</b> – 10am-12noon – Free</p> <p><b>Painting &amp; Art</b> - 10am-12pm – Free</p> <p><b>6 week Creative Art Class</b> (week 1)– 12-2pm - Free</p> <p><b>Bingo</b> – 1-3pm – Free</p> <p><b>Fabric Printing &amp; Embroidery</b> – 2:30-4:30pm – Free</p>	<p><b>Short Mat Bowls</b> – 10am-12noon – Free</p> <p><b>Water colour</b> – 1-3pm – Free</p> <p><b>Chair Based Yoga</b> - 2-3pm - £3</p> <p><b>IT support</b> by appointment only – 3:15pm-onwards – Free</p>

MON 19 <sup>th</sup> AUG	TUE 20 <sup>th</sup> AUG	WED 21 <sup>st</sup> AUG	THU 22 <sup>nd</sup> AUG	FRI 23 <sup>rd</sup> AUG
<p><b>Sugar Craft</b> – 10am-12noon – Free</p> <p><b>Islington Boccia League</b> – 12noon- 3pm – Free</p> <p><b>Bingo</b> – 1-3pm – Free</p> <p><b>Cards</b> – 1-3pm – Free</p> <p><b>Chair Pilates</b> – 3:30-4:30pm - £3</p>	<p><b>Painting &amp; Art</b> – 11am-1pm – Free (Jess back running session today)</p> <p><b>Keep Fit</b> – 1:30-2:30pm - £2</p> <p><b>IT support</b> by appointment only – 3pm-onwards – Free</p> <p><b>North London Cares Dance Club</b> – 6-9pm – Free</p>	<p><b>Photography</b> – at Drovers - 10am-12:30pm – Free (first session back)</p> <p><b>Music Group</b> - 10:30am-12noon – Free</p> <p><b>Reminiscence</b> - 11am-12noon - Free</p> <p><b>Needlecraft</b> – 1-2:30pm – Free</p> <p><b>Bloomin' Gardeners</b> – 2-4pm – Free</p> <p><b>IT support</b> by appointment only – 3:15pm-onwards – Free</p> <p><b>Line Dancing</b> – 5-7pm-£2-4</p>	<p><b>Hairdressing</b> – 9:30am-12:30pm – ask reception for price list</p> <p><b>Table Tennis &amp; Dominoes</b> – 10am-12noon – Free</p> <p><b>Painting &amp; Art</b> – 10am-12noon – Free</p> <p><b>6 week Creative Art Class</b> (week 2)– 12-2pm - Free</p> <p><b>Bingo</b> – 1-3pm – Free</p> <p><b>Fabric Printing &amp; Embroidery</b> – 2:30-4:30pm – Free</p> <p><b>Boccia</b> – 3-4pm - Free</p>	<p><b>Short Mat Bowls</b> – 10am-12noon – Free</p> <p><b>Water colour</b> – 1-3pm – Free</p> <p><b>Chair Based Yoga</b> - 2-3pm - £3</p>

<b>MON 26<sup>th</sup> AUG</b>	<b>TUE 27<sup>th</sup> AUG</b>	<b>WED 28<sup>th</sup> AUG</b>	<b>THU 29<sup>th</sup> AUG</b>	<b>FRI 30<sup>th</sup> AUG</b>
<b>Bank Holiday</b>	<p><b>Painting &amp; Art</b> – - 11am-1pm – Free (Last session with Jess/Session leader until 20/08/19)</p> <p><b>Keep Fit</b> – 1:30-2:30pm - £2</p> <p><b>IT support</b> by appointment only – 3pm-onwards – Free</p>	<p><b>Photography</b> – Out in the community - 10am- 12noon – Free</p> <p><b>Music Group</b> -10:30am- 12noon – Free</p> <p><b>Reminiscence</b> - 11am- 12noon - Free</p> <p><b>Needlecraft</b> – 1-2:30pm – Free</p> <p><b>Bloomin' Gardeners</b> – 2-4pm – Free</p> <p><b>IT support</b> by appointment only – 3:15pm-onwards – Free</p> <p><b>Line Dancing</b> – 5-7pm – £2-4</p>	<p><b>Hairdressing</b> – 9:30am- 12:30pm – ask reception for price list</p> <p><b>Table Tennis &amp; Dominoes</b> – 10am- 12noon – Free</p> <p><b>Painting &amp; Art</b> - 10am- 12pm – Free</p> <p><b>6 week Creative Art Class</b> (week 3)– 12- 2pm - Free</p> <p><b>Bingo</b> – 1-3pm – Free</p> <p><b>Fabric Printing &amp; Embroidery</b> – 2:30- 4:30pm – Free</p> <p><b>Art Evening</b> – The film industry in Britain - 5:30-8pm – Free</p>	<p><b>Short Mat Bowls</b> – 10am-12noon – Free</p> <p><b>Water colour</b> – 1-3pm – Free</p> <p><b>Chair Based Yoga</b> - 2- 3pm - £3</p> <p><b>IT support</b> by appointment only – 3:15pm-onwards – Free</p>

If you'd like to book into any session or you have any further enquiries, please call the Drovers Centre on 020 7607 7701 or our Contact Centre on 020 7281 6081.