**Tuesday and Thursday Clubs**

**August 2019**

Age UK Barnet, Ann Owens Centre, Oak Lane, East Finchley, London, N2 8LT Tel: 020 8432 1415

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|  | 10 – 11 | 11 – 12 | 12.30 – 1.30 | 1.30 – 3pm |
| Thursday 1st | Tea & Chat | Gentle Exercise | Lunch Club | Hoy |
| Tuesday 6th | Tea & Chat | Gentle Exercise | Lunch Club | Bingo |
| Thursday 8th | Tea & Chat | Gentle Exercise | Lunch Club | Musical Afternoon: Glenwood Jazz Group - back by popular demand |
| Tuesday 13th | Tea & Chat | Gentle Exercise | Lunch Club | RahRah Theatre: Country Roads Take Me Home  |
| Thursday 15th | Tea & Chat | Gentle Exercise | Lunch Club | National Citizens Service students’ meeting 2pm |
| Tuesday 20th | Tea & Chat | Gentle Exercise | Lunch Club | Singalong with Howard |
| Thursday 22nd  | Tea & Chat | Gentle Exercise | Lunch Club | Bingo |
| Tuesday 27th | Tea & Chat | Gentle Exercise | Lunch Club | NCS students special event, 12 x 16 & 17 year olds |
| Thursday 29th  | Tea & Chat | Gentle Exercise | Lunch Club | Games |

*All activities may be subject to change.*