**Tuesday and Thursday Clubs**

**January 2020**

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | 10 – 11 | 11 – 12 | 12.30 – 1.30 | 1.30 – 3pm |
| Thursday 2nd | Tea & Chat | Gentle Exercise | Lunch Club | Hoy |
| Tuesday 7th | Tea & Chat | Gentle Exercise | Lunch Club | Games |
| Thursday 9th | Tea & Chat | Gentle Exercise | Lunch Club | Musical Afternoon: Jenny La Touche - singing |
| Tuesday 14th | Tea & Chat | Gentle Exercise | Lunch Club | Quiz |
| Thursday 16th | Tea & Chat | Gentle Exercise | Lunch Club | Skittles |
| Tuesday 21st | Tea & Chat | Gentle Exercise | Lunch Club | Singalong with Howard |
| Thursday 23rd | Tea & Chat | Gentle Exercise | Lunch Club | Games |
| Tuesday 28th | Tea & Chat | Gentle Exercise | Lunch Club | Games |
| Thursday 30th | Tea & Chat | Gentle Exercise | Lunch Club | Hoy |

*All activities may be subject to change.*