**Ann Owens Activity Centre November 2018**

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 | No lunch here | Arts Depot – Lunch then Swinging at the Cotton Club  Live orchestra and dancers - Lindy Hop Dance Company |
| Tuesday 6th | Tea & Chat | Gentle Exercise | Lunch Club | Hoy |
| Thursday 8th | Tea & Chat | Gentle Exercise | Lunch Club | Musical Afternoon: Peter Black –  classical, flamenco and blues guitar |
| Tuesday 13th | Tea & Chat | Gentle Exercise | Lunch Club | Bingo |
| Thursday 15th | Tea & Chat | Gentle Exercise | Lunch Club | Quiz |
| Tuesday 20th | Tea & Chat | Gentle Exercise | Lunch Club | Singalong with Howard |
| Thursday 22nd | Tea & Chat | Gentle Exercise | Lunch Club | Games with Alison and John |
| Tuesday 27th | Tea & Chat | Gentle Exercise | Lunch Club | Games with pupils of St John’s School |
| Thursday 29th | Tea & Chat | Gentle Exercise | Lunch Club | Bingo |

*All activities may be subject to change.*