 **Tuesday and Thursday Clubs**

**October 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 |
| Tuesday 1st | Tea & Chat | Gentle Exercise | Lunch Club | **Silver Week – Tea Dance with a Twist** |
| Thursday 3rd | Tea & Chat | Gentle Exercise | Lunch Club | **Silver Week - Santander Scams Talk** |
| Tuesday 8th | Tea & Chat | Gentle Exercise | Lunch Club | Games |
| Thursday 10th | Tea & Chat | Gentle Exercise | Lunch Club | Musical Afternoon: Jenny La Touche and singers |
| Tuesday 15th | Tea & Chat | Gentle Exercise | Lunch Club | Quiz |
| Thursday 17th | Tea & Chat | Gentle Exercise | Lunch Club | Games |
| Tuesday 22nd | Tea & Chat | Gentle Exercise | Lunch Club | Singalong with Howard |
| Thursday 24th | Tea & Chat | Gentle Exercise | Lunch Club | Skittles / Games |
| Tuesday 29th | Tea & Chat | Gentle Exercise | Lunch Club | Beetle Drive |
| Thursday 31st | Tea & Chat | Gentle Exercise | Lunch Club | Games |

*All activities may be subject to change.*