**Tuesday and Thursday Clubs**

**September 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 3rd | Tea & Chat | Gentle Exercise | Lunch Club | Quiz |
| Thursday 5th | Tea & Chat | Gentle Exercise | Lunch Club | Games |
| Tuesday 10th | Tea & Chat | Gentle Exercise | Lunch Club | Sheltered Housing Party at St Mary’s N3 2pm  |
| Thursday 12th | Tea & Chat | Gentle Exercise | Lunch Club | Musical Afternoon: Peter Black – classical guitar |
| Tuesday 17th | Tea & Chat | Gentle Exercise | Lunch Club | Singalong with Howard |
| Thursday 19nd  | Tea & Chat | Gentle Exercise | Lunch Club | Film |
| Tuesday 24th | Tea & Chat | Gentle Exercise | Lunch Club | Games |
| Thursday 26th  | Tea & Chat | Gentle Exercise | Lunch Club | Jazz Band, Bob and friends |

*All activities may be subject to change.*