**February 2019**

**Tuesday and Thursday Clubs**

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 5th | Tea & Chat | Gentle Exercise | Lunch Club | Beetle Drive |
| Thursday 7th | Tea & Chat | Gentle Exercise | Lunch Club | Movie afternoon |
| Tuesday 12th | Tea & Chat | Gentle Exercise | Lunch Club | Games afternoon |
| Thursday 14th | Tea & Chat | Gentle Exercise | Lunch Club | Musical Afternoon: The Redbourne Ensemble will perform repertoire by Bach and Grieg |
| Tuesday 19th | Tea & Chat | Gentle Exercise | Lunch Club | Quiz |
| Thursday 21st | Tea & Chat | Gentle Exercise | Lunch Club | Games Session with John and Alison. Mencap to join us. |
| Tuesday 26th | Tea & Chat | Gentle Exercise | Lunch Club | Singalong with Howard |
| Thursday 28th | Tea & Chat | Gentle Exercise | Lunch Club | Bingo |

*All activities may be subject to change.*