



## Christmas closures and New Year opening 26

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|--|---|---|--|
| Mondays 10.30-11.30am<br><i>Last class 15<sup>th</sup> Dec, returns 5<sup>th</sup> Jan</i>     | Women only Zumba  | Portsoken Community Centre E1 8AH                     | Gentle Zumba class for women 55+   |
| Mondays 2.15-4pm<br><i>Open every week throughout Christmas period</i>                         | Golden Social   | Golden Lane Community Centre, Fann St EC1Y 0RD        | Tea, coffee, chat, board games, crafts, films, visiting speakers                   |
| Tuesdays 10.30-11.30am<br><br><i>Last walk 16<sup>th</sup> Dec, returns 6<sup>th</sup> Jan</i> | Very gentle health walk<br><br>(for Square Mile Health Walks see Walks Programme) | Meet by Giddy Up Coffee, Fortune Street Park EC1Y 0SB | A social walk to improve confidence, balance and stability. Tea & coffee to finish |
| Tuesdays 5.30-7pm<br><br><i>Last session 16<sup>th</sup> Dec, returns 6<sup>th</sup> Jan</i>   | Digital Support   | Barbican Library, Barbican Centre EC2Y 8DS            | Bring along your phone or tablet to get help with using it.                        |
| Wednesdays 2-4pm<br><i>Last session 17<sup>th</sup> Dec, returns 14<sup>th</sup> Jan</i>       | Textile Crafts/ Knit and Natter<br>(fortnightly on Wednesdays)                    | Portsoken Community Centre                            | Textile-based crafts including knitting, crochet, sewing etc                       |
| Wednesdays 4-5pm<br><i>Last class 17<sup>th</sup> Dec, returns 7<sup>th</sup> Jan</i>          | Movement to Music   | Portsoken Community Centre                            | A fun, active fitness class for women 55+  |
| Fridays 10-11am<br><i>Last class 19<sup>th</sup> Dec, returns 9<sup>th</sup> Jan</i>           | Chair yoga online class   | Zoom  | A friendly online class. Contact Alice for joining details                         |
| Fridays 2.15-3.15pm<br><i>Last class 19<sup>th</sup> Dec, returns 9<sup>th</sup> Jan</i>       | Tai Chi   | Golden Lane Community Centre                          | Tai Chi for people aged 55+  |

For more info email [Alice.Westlake@AgeUKCityofLondon.org.uk](mailto:Alice.Westlake@AgeUKCityofLondon.org.uk)  
or call 0203 488 6884 (Mon-Thurs)

Web: [www.ageukcityoflondon.org.uk](http://www.ageukcityoflondon.org.uk)

## Calendar December 25:

| When                                       | What  | Where                                    | How  |
|--|---|--|--|
| Mon 1 <sup>st</sup> Dec<br>2.15-4pm        | Golden Social: Coffee, chat, Scrabble   | Golden Lane Community Centre             | Just turn up   |
| Tues 2 <sup>nd</sup> Dec<br>1.30-3.30pm    | Digital support 1:1s  | Golden Lane Community Centre             | Please contact Nik on the details below  |
| Wed 3 <sup>rd</sup> Dec<br>2-4pm           | Knit and Natter   | Artizan Library                          | Just turn up   |
| Thurs 4 <sup>th</sup> Dec<br>2-4pm         | Square Mile Health walk:<br>Monument to The George Southwark  | Meet at Monument tube                    | Just turn up<br>Prompt 2pm start   |
| Sat 6 <sup>th</sup> Dec<br>11am-12 noon    | Square Mile Health walk:<br>St Pauls circular   | Meet at St Pauls tube, outside Café Nero | Just turn up<br>Prompt 11am start  |
| Mon 8 <sup>th</sup> Dec<br>10.30am-12 noon | Art Discussion group  | Zoom                                     | Just log in<br>Meeting ID: 849 376 2063<br>Passcode: hello                               |
| Mon 8 <sup>th</sup> Dec<br>2.15 – 4pm      | Golden Social: London Museum workshop<br>Stencil printing – make your own London Museum tea towel.  | Golden Lane Community Centre             | 12 places available for printing workshop.<br>Just turn up for coffee chat and Scrabble. |
| Tues 9 <sup>th</sup> Dec<br>1.30-3.30pm    | Digital support 1:1s  | Golden Lane Community Centre             | Please contact Nik on the details below  |
| Mon 15 <sup>th</sup> Dec<br>2-4pm          | Golden Social: CHRISTMAS PARTY<br>Refreshments and live music!  | Golden Lane Community Centre             | Just turn up, all welcome  |
| Tues 16 <sup>th</sup> Dec<br>1.30-3.30pm   | Digital support 1:1s  | Golden Lane Community Centre             | Please contact Nik on the details below  |
| Wed 17 <sup>th</sup> Dec<br>2-4pm          | Knit and Natter Christmas tippie<br>If you've attended the group this year, come and toast to future projects   | Artizan Library                          | Just turn up   |
| Thurs 18 <sup>th</sup> Dec<br>1-3pm        | Amazon Audible Christmas celebration  | Glasshouse Yard                          | By invitation only   |
| Sun 21 <sup>st</sup> Dec<br>10am-12pm      | Square Mile Health walk:<br>St Pauls to Tower Hill  | Meet at St Pauls tube, outside Café Nero | Just turn up<br>Prompt 10am start  |
| Mon 22 <sup>nd</sup> Dec<br>2-4pm          | Golden Social: film – <i>Click and Collect</i>  | Golden Lane Community Centre             | Just turn up   |
| Mon 29 <sup>th</sup> Dec<br>2.15-4pm       | Golden Social: Coffee, chat, Scrabble   | Golden Lane Community Centre             | Just turn up   |
| Wed 31 <sup>st</sup> Dec<br>2-5pm          | New Years Eve party<br>Tudor Rose Court and Age UK City of London are having a joint New Years celebration with live music from Guildhall students. RSVP essential. | Tudor Rose Court, Fann Street            | Contact Alice to book a place  |

Email Alice: [alice.westlake@ageukcityoflondon.org.uk](mailto:alice.westlake@ageukcityoflondon.org.uk)

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