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**Weekly Activities Spring 24**

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| Mondays 10.30-11.30am  *Starts Mon 15/4* | Women only Zumba | Portsoken Community Centre,  Little Somerset St  E1 8AH | A free weekly Zumba class for women 50+ |
| Mondays 2.15-4pm  *No session 1/4* | Golden Social | Golden Lane Community Centre, Fann St EC1Y 0RD | Tea, coffee, chat, board games, crafts, films, visiting speakers |
| Tuesdays 10.30-11.30am | Very gentle health walk  (for Square Mile Health Walks see Walks Programme) | Meet outside Fusion Golden Lane leisure centre,  Fann St  EC1Y 0SH | A social walk to improve confidence, balance and stability. Tea & coffee to finish |
| Tuesdays 5.30-7pm | IT Support | Barbican Library,  Barbican Centre  EC2Y 8DS | Bring along your phone or tablet to get help with using it. For complete beginners and those needing a little extra help |
| Wednesdays  2-4pm | Textile Crafts/  Knit and Natter (alternate Wednesdays) | Artizan Library  Artizan St  E1 7AF | Textile-based crafts including knitting, crochet, weaving, felting and macrame |
| Fridays 10.30-11.15am | Yoga online | Zoom – contact Alice for details | A small friendly class for those new to yoga. Can be done either seated or standing |
| Fridays 2.15-3.15pm | Tai Chi | Golden Lane Community Centre | Contact Alice about joining. |

**For more info email** [**Alice.Westlake@AgeUKCityofLondon.org.uk**](mailto:Alice.Westlake@AgeUKCityofLondon.org.uk)

**or call 0203 488 6884 (Mon-Thurs)**

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

**Calendar April 24:**

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| --- | --- | --- | --- |
| **When** | **What** | **Where** | **How** |
| Mon 1st Apr  2 - 4pm | **NO Golden Social – Easter Bank Holiday Monday** | Golden Lane Community Centre | n/a |
| Sat 6th Apr  11am – 12 noon | Square Mile Health walk:  St Pauls circular | Meet at St Pauls tube, Café Nero | Just turn up |
| Sun 7th Apr  10am – 12 noon | Square Mile Health walk:  Royal Exchange circular | Meet at Royal Exchange | Just turn up |
| Mon 8th Apr  Session 1: 1pm- 2pm  Session 2: 2:30pm- 3:30pm | Gadget Clinic | Summit House,  12 Red Lion Square, London  WC1R 4HQ | Send an email to Finley with your preferred session:  [Finley.Allott@ageukcamden.org.uk](mailto:Finley.Allott@ageukcamden.org.uk)  Only 12 places per session |
| Wed 10th Apr  2 - 4pm | Knit and Natter | Artizan Library | Just turn up |
| Thu 11th Apr  3 - 5pm | Burtynsky exhibition | Saatchi Gallery | Contact Alice to book a place |
| Mon 15th Apr  12 - 2pm | “Eat Club” cookery course starts – 6 week course for City and Hackney residents | Golden Lane Community Centre | Contact Alice for info |
| Wed 17th Apr  2.30 - 4pm | The Glass Heart exhibition | Two Temple Place | Contact Alice to book a place |
| Fri 19th April  Time tbc | Kew Palace, including Guided tour of the Royal Kitchens  *Coach trip from Barbican* | Kew Palace/ Kew Gardens | Contact Alice to book.    Priority will be offered to City residents and those with limited mobility |
| Wed 24th Apr  2 – 4pm | Unravel exhibition  **(There will be NO Knit and Natter at Artizan)** | Barbican Art Gallery | Contact Alice to book a place  Limited availability |
| Thurs 25th Apr  2-4pm | Square Mile Health walk:  St Pauls circular | Meet at St Pauls, Cafe Nero | Just turn up |
| Mon 29th Apr  2 – 4pm | Golden Social: film – *The* *Company of Strangers* | Golden Lane Community Centre | Just turn up  Prompt 2pm start |

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