

Weekly Activities Summer 25

Mondays 10.30-11.30am	Women only Zumba	Portsoken Community Centre E1 8AH	Gentle Zumba class for women 55+
Mondays 2.15-4pm	Golden Social	Golden Lane Community Centre, Fann St EC1Y ORD	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 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	Digital Support	Barbican Library, Barbican Centre EC2Y 8DS	Bring along your phone or tablet to get help with using it.
Wednesdays 2-4pm	Textile Crafts/ Knit and Natter (alternate Wednesdays)	Artizan Library Artizan St E1 7AF	Textile-based crafts including knitting, crochet, sewing etc
Wednesdays 4-5pm	Movement to Music	Portsoken Community Centre	A fun, active fitness class for people 55+
Fridays 10-11am	Seated yoga and walking meditation online class	Zoom	A friendly online class. Contact Alice for joining details
Fridays 2.15-3.15pm	Tai Chi	Golden Lane Community Centre	Tai Chi for people aged 55+

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

For Digital contact digitalinclusion@ageukcityoflondon.org.uk /
07977 997 436 (leave a message and Nik will get back to you)

Web: www.ageukcityoflondon.org.uk

Calendar July 25:

When	What	Where	How
Tues 1 st – Thurs 3 rd July 10am – 3pm	Age UK City of London pop-up charity shop	53 Leather Lane EC1N 7TJ	Just come along and grab yourself a bargain and support Age UK City of London!
Tues 1st July 2-4pm	Digital support 1:1s	<u>Golden Lane Community Centre</u>	Please contact Nik on the details overleaf
Thurs 3 rd July 12.15 – 3pm	London Children’s Ballet: <i>A Jazz Age Cinderella</i>	Peacock Theatre	Contact Alice to book a place – few seats remaining
Sat 5 th July 11am-12 noon	Square Mile Health walk: St Pauls circular	Meet at St Pauls tube, Café Nero	Just turn up Prompt 11am start
Mon 7 th July 2.15 – 4pm	British Museum object handling session	Golden Lane Community Centre	Please rsvp to let us know you are coming
Tues 8 th July 2-4pm	Digital support drop-in	Portsocken Community Centre	Just turn up
Thurs 10 th July 2-4pm	Square Mile Health walk: Highgate walk: linear	Meet outside Cafe Nero at Moorgate Tube Station	Just turn up Prompt 2pm start
Fri 11 th July 10am pick up	Broadstairs coach trip	Pick up/ drop off at Fann Street	Contact Alice to book a place
Mon 14 th July 10.30am-12 noon	Art Discussion group	Zoom	Just log in Meeting ID: 849 376 2063 Passcode: hello
Tues 15 th July 2-4pm	Digital support drop-in	Shoe Lane Library	Just turn up
Wed 16th July 2 – 4pm	Textile Crafts/ Knit and Natter	Artizan Library	Just turn up
Sun 20 th July 10am-12 noon	Square Mile Health Walk: City Churches West Walk - Royal Exchange to Blackfriars circular	Meet outside Royal Exchange	Just turn up Prompt 2pm start
Mon 21 st July 2.15 – 4pm	Summer Party!!!	Golden Lane Community Centre	Just turn up
Tues 22 nd July 2-4pm	Digital support drop-in	Portsocken Community Centre	Just turn up
Wed 30 th July 12-2pm	“Tangible Archives” Archive-inspired creative workshop	London Museum Studios, Smithfield	Contact Alice to book a place
Wed 30 th July 2 – 4pm	Knit and Natter – Textile Crafts	Artizan Library	Just turn up