

Weekly Activities Spring 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 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 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 June 25:

When	What	Where	How
Mon 2 nd June 2.15 – 4pm	Coffee, chat, Scrabble	Golden Lane Community Centre	Just turn up
Tues 3 rd June 2-4pm	Digital support 1:1s	<u>Golden Lane Community Centre</u>	Please contact Nik on the details below
Sat 7 th June 11am-12 noon	Square Mile Health walk: St Pauls circular	Meet at St Pauls tube, Café Nero	Just turn up Prompt 11am start
Sun 8 th June 10am-12 noon	Square Mile Health walk: Finsbury Walk: Barbican to City Road linear	Meet at Shakespeare Pub, Goswell Road	Just turn up Prompt 10am start
Mon 9 th June 2.15 – 4pm	Coffee, chat, Scrabble	Golden Lane Community Centre	Just turn up
Tues 10 th June 2-4pm	Digital support drop-in	Portsoken Community Centre	Just turn up
Wed 11 th June 2 – 4pm	British Museum object handling session: textiles from the Islamic world	Artizan Library	Contact Alice to book a place
Thurs 12 th June 10am – 3pm	William Morris Gallery, Walthamstow – coach trip	Pick up from Fann Street	Contact Alice to book a place
Mon 16 th June 2.15 – 4pm	Coffee, chat, Scrabble – drop off donations for pop up shop	Golden Lane Community Centre	Just turn up
Tues 17 th June 2-4pm	Digital support drop-in	Shoe Lane Library	Just turn up
Wed 18 th June 2 – 3.30pm	Knit and Natter – Textile Crafts – drop off donations for pop up shop	Artizan Library	Just turn up
Fri 20 th June 3.30-5.30pm	Cartier exhibition	V&A Museum, South Kensington	Contact Alice to book a place
Mon 23 rd June 10.30am-12 noon	Art Discussion group	Zoom	Just log in Meeting ID: 849 376 2063 Passcode: hello
Mon 23 rd June 2-4pm	Golden Social: film - <i>A Simple Man</i> , about the life of JS Lowry	Golden Lane Community Centre	Just turn up Prompt 2pm start
Tues 24 th June 2-4pm	Digital support drop-in	Portsoken Community Centre	Just turn up
Wed 25 th June 2 – 4pm	Knit and Natter – Textile Crafts	Artizan Library	Just turn up
Thurs 26 th June 2 – 4pm	Square Mile Health walk: London Wall Plaque Walk: Tower Hill to Barbican linear	Meet at Tower Hill Tube	Just turn up Prompt 2pm start
Mon 30 th June 2.15 – 4pm	Coffee, chat, Scrabble	Golden Lane Community Centre	Just turn up