

Weekly Activities Spring 25

Mondays 10.30-11.30am	Women only Zumba	Portoken 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	Portoken Community Centre	A fun, active fitness class for people 55+
Fridays 10-11am <i>Starts 7th March</i>	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)

Web: www.ageukcityoflondon.org.uk

Calendar March 25:

When	What	Where	How
Sat 1 st March 11am-12 noon	Square Mile Health walk: St Pauls circular	Meet at St Pauls tube, Café Nero	Just turn up Prompt 11am start
Mon 3 rd March 2.15-4pm	Golden Social: Staying Steady and Falls Prevention Hear from City of London Healthwatch – plus the usual tea, coffee and Scrabble	Golden Lane Community Centre	Just turn up
Tues 4 th March 2-4pm	Digital support Tech help for City residents, by appointment	Tudor Rose Court	Contact Nik Gupta on the details below
Wed 5 th March 2 – 4pm	Knit and Natter	Artizan Library	Just turn up
Thurs 6 th March Meet 1.45pm	Egypt Exhibition – Young V&A	Young V&A Museum, Bethnal Green	Contact Alice to book a place
Mon 10 th March 2.15-4pm	Golden Social: International Women's Day quiz	Golden Lane Community Centre	Just turn up
Tues 11 th March 2-4pm	Digital support drop-in	Portoken Community Centre	Just turn up
Sun 16 th March 10am – 12 noon	Square Mile Health walk Shakespeare to Blackfriars circular	Meet at Shakespeare pub, Goswell Road	Just turn up Prompt 10am start
Mon 17 th Jan 10.30am – 12 noon	Art Discussion group	Zoom	Just log in Meeting ID: 849 376 2063 Passcode: hello
Wed 19 th March 2 – 4pm	Knit and Natter	Artizan Library	Just turn up
Thurs 20 th March 2-4pm	Square Mile Health walk Holborn-Bloomsbury circular	Meet outside Metro Bank Holborn	Just turn up Prompt 2pm start
Fri 21 st March 5 – 9pm	Noah Davis exhibition, community preview	Barbican Art Gallery	Contact Alice to book a place
Tues 25 th March 2-4pm	Digital support drop-in	Portoken Community Centre	Just turn up
Mon 31 st March 2-4pm	Golden Social: film - <i>One Life</i> Anthony Hopkins stars as Nicholas Winton, who brought 669 children to safety on the Kindertransport	Golden Lane Community Centre	Just turn up Prompt 2pm start

Contact alice.westlake@ageukcityoflondon.org.uk / 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)