

Weekly Activities Autumn 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 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	Portoken Community Centre	A fun, active fitness class for women 55+
Fridays 10-11am	Chair yoga 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 November 25:

When	What	Where	How
Sat 1 st Nov 11am-12 noon	Square Mile Health walk: St Pauls circular	Meet at St Pauls tube, outside Café Nero	Just turn up Prompt 11am start
Mon 3 rd Nov 2.15 – 4pm	Occupational Therapy week – visit from City of London OT team	Golden Lane Community Centre	Just turn up
Tues 4 th Nov 1.30-3.30pm	Digital support 1:1s	Golden Lane Community Centre	Please contact Nik on the details overleaf
Wed 5 th Nov 2-4pm	Knit and Natter – make a giant Christmas stocking for Whitechapel Homeless Mission	Artizan Library	Just turn up
Mon 10 th Nov 2.15-4pm	Golden Social: Coffee, chat, Scrabble	Golden Lane Community Centre	Just turn up
Tues 11 th Nov Meet at 10.30am	Trip to Southend Pier to see the poppies We'll be travelling by train from Fenchurch Street – return fare £7	Meet at Fenchurch Street Station	Contact Alice to book a place
Tues 11 th Nov 1.30-3.30pm	Digital support drop-in	Portoken Community Centre	Just turn up
Sun 16 th Nov 10am-12pm	Square Mile Health walk: Barbican to Bank linear	Meet at Shakespeare Pub, Goswell Road	Just turn up Prompt 10am start
Mon 17 th Nov 10.30am-12 noon	Art Discussion group	Zoom	Just log in Meeting ID: 849 376 2063 Passcode: hello
Mon 17 th Nov 2.15-4pm	Golden Social: handmade Christmas gift tags	Golden Lane Community Centre	Just turn up
Tues 18 th Nov 1.30-3.30pm	Digital support 1:1s	Golden Lane Community Centre	Please contact Nik on the details overleaf
Wed 19 th Nov 2-4pm	Knit and Natter	Artizan Library	Just turn up
Sun 28 th Sep 10am-12pm	Square Mile Health walk: City Alleyways Guildhall to Brick Lane linear	Meet at Guildhall Yard	Just turn up Prompt 10am start
Mon 24 th Nov 2-4pm	Golden Social: film – <i>The Naked Civil Servant tbc</i>	Golden Lane Community Centre	Just turn up Prompt 2pm start
Tues 25 th Nov 1.30-3.30pm	Digital support drop-in	Portoken Community Centre	Just turn up
Thurs 27 th Nov 2-4pm	Square Mile Health walk: Barbican to Temple linear	Meet at Shakespeare Pub, Goswell Road	Just turn up Prompt 2pm start
Sun 30 th Nov 12-4pm	Golden Lane Festive Market Come and support our stall	Golden Lane Community Centre	Just turn up, all welcome
Coming up in December			
Mon 15 th Dec	Golden Social Christmas Party	Golden Lane Community Centre	Just turn up