

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	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 October 25:

When	What	Where	How
Sat 4 th Oct 11am-12 noon	Square Mile Health walk: St Pauls circular	Meet at St Pauls tube, Café Nero	Just turn up Prompt 11am start
Sun 5 th Oct 10am-12 noon	Square Mile Health walk: St Pauls to Southwark linear	Meet at St Pauls tube, Café Nero	Just turn up Prompt 10am start
Mon 6 th Oct 2.15-4pm	Coffee, chat, Scrabble	Golden Lane Community Centre	Just turn up
Tues 7 th Oct 2-4pm	Digital support 1:1s	Golden Lane Community Centre	Please contact Nik on the details below
Wed 8 th Oct 2-4pm	Knit and Natter	Artizan Library	Just turn up
Fri 10 th Oct 11.30am	Marie Antoinette exhibition	V&A South Kensington	THIS TRIP IS FULLY BOOKED
Mon 13 th Oct 2.15 – 4pm	Darbuka drumming workshop	Golden Lane Community Centre	Fully booked but places have been reserved for Golden Social regulars
Tues 14 th Oct 2-4pm	Digital support drop-in	Portoken Community Centre	Just turn up
Thurs 16 th Oct 10am-4.30pm	Kew Gardens visit	Meet at Mansion House tube to travel as a group	Contact Alice to book a place
Fri 17 th Oct 10am-12 noon	Healthwatch City of London AGM	St Giles Church	Book to attend: https://www.eventbrite.co.uk/e/healthwatch-city-of-london-annual-general-meeting-agm-tickets-1547994205339?aff=oddtcreator
Mon 20 th Oct 10.30am-12 noon	Art Discussion group	Zoom	Just log in Meeting ID: 849 376 2063 Passcode: hello
Mon 20 th Oct 2.15-4pm	Coffee, chat, Scrabble	Golden Lane Community Centre	Just turn up
Tues 21 st Oct 2-4pm	Digital support 1:1s	Golden Lane Community Centre	Please contact Nik on the details below
Wed 22 nd Oct 2-4pm	Knit and Natter	Artizan Library	Just turn up
Thurs 23 rd Oct 2-4pm	Square Mile Health walk: Highbury Corner to Barbican linear	Meet outside Highbury & Islington station	Just turn up Prompt 2pm start
Mon 27 th October 2-4pm	Golden Social: film – <i>Passing</i> <i>In 1920s New York City, a black woman finds her world up-ended when her life becomes intertwined with a former childhood friend who's passing as white</i>	Golden Lane Community Centre	Just turn up Prompt 2pm start
Tues 28 th Oct 2-4pm	Digital support drop-in	Portoken Community Centre	Just turn up