

## 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](mailto:Alice.Westlake@AgeUKCityofLondon.org.uk)  
or call 0203 488 6884 (Mon-Thurs)

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

Web: [www.ageukcityoflondon.org.uk](http://www.ageukcityoflondon.org.uk)

## Calendar September 25:

When	What	Where	How
Mon 1 <sup>st</sup> Sep 2.15-4pm	Coffee, chat, Scrabble	Golden Lane Community Centre	Just turn up
Tues 2 <sup>nd</sup> Sep 2-4pm	Digital support 1:1s	Golden Lane Community Centre	Please contact Nik on the details below
Thurs 4 <sup>th</sup> Sep 2-4pm	Square Mile Health walk: Barbican to Holborn linear	Meet at Shakespeare Pub, Goswell Road	Just turn up Prompt 2pm start
Sat 6 <sup>th</sup> Sep 11am-12 noon	Square Mile Health walk: St Pauls circular	Meet at St Pauls tube, Café Nero	Just turn up Prompt 11am start
Mon 8 <sup>th</sup> Sep 2.15 – 4pm	Visit to the Museum of the Order of St John, Clerkenwell <i>Note, there will be no session at the Community Centre on this date</i>	Meet 2pm at Golden Lane Community Centre	Please contact Alice in advance to request a place – priority to Golden Social regulars
Tues 9 <sup>th</sup> Sep 2-4pm	Digital support drop-in	Portoken Community Centre	Just turn up
Wed 10 <sup>th</sup> Sep 2-4pm	Knit and Natter – knit or crochet poppies for Remembrance Day	Artizan Library	Just turn up – contact Alice to find out what to bring if you'd like to be part of the project
Thurs 11 <sup>th</sup> Sep 10.30am-12.30pm	Two Temple Place - clay Green Men workshop	Two Temple Place, WC2	Contact Alice to book a place
Mon 15 <sup>th</sup> Sep 10.30am-12 noon	Art Discussion group	Zoom	Just log in Meeting ID: 849 376 2063 Passcode: hello
Mon 15 <sup>th</sup> Sep 2.15-4pm	Chair Yoga taster session	Golden Lane Community Centre	Just turn up
Tues 16 <sup>th</sup> Sep 2-4pm	Digital support 1:1s	Golden Lane Community Centre	Please contact Nik on the details below
Mon 22 <sup>nd</sup> Sep 2.15-4pm	Coffee, chat, Scrabble	Golden Lane Community Centre	Just turn up
Tues 23 <sup>rd</sup> Sep 2-4pm	Digital support drop-in	Portoken Community Centre	Just turn up
Wed 24 <sup>th</sup> Sep 2-4pm	Knit and Natter – continuation of poppies	Artizan Library	Just turn up
Sun 28 <sup>th</sup> 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 29 <sup>th</sup> Sep 2-4pm	Golden Social: film <i>-Foragers</i> , a film about women in Palestine, part of the season of Arabic Culture	Golden Lane Community Centre	Sold out but some spaces reserved for Golden Social regulars – contact Alice  Prompt 2pm start
<b>Coming up in October</b>			
Fri 10 <sup>th</sup> Oct 11.30am meet	V&A – Marie Antoinette exhibition	Victoria and Albert Museum, South Ken	Contact Alice to book a place