Weekly Activities Winter 26

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	Stroll and chat (for full details of all our 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 1.30-3.30	Digital Support appointments	Golden Lane and Portsoken Community Centres	1:1 help getting online, improving your tech skills or trouble-shooting any digital problems
Tuesdays 5.30-7pm	Digital Support drop in	Barbican Library, Barbican Centre EC2Y 8DS	Bring along your phone, laptop or tablet to get help with using it
Wednesdays 2-4pm	Textile Crafts (fortnightly)	Portsoken Community Centre	A group for knitters and stitchers to work on their own or joint projects
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 details email: info@ageukcityoflondon.org.uk
For Digital Support appointments:
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