



















Age UK Croydon - Activities Timetable

Day	Time	Type	Activity	Location
Monday	13.30 – 14.30 1st & 3rd Mon of the month		Chair-Based Exercise	Selsdon Library, Addington Rd, South Croydon, CR2 8LA
	14.00 – 15.00 2nd & 4th (and 5th) Mon of the month		Chair-Based Exercise	Online
Tuesday	10.00 – 12.00 Weekly		Information & Advice: Appointment only	Scratchey Hall, 81 Brigstock Road, CR7 7JH
	11.00 – 12.00 Weekly		Lifestyle & Exercise Session	Peony Court, 58 Addiscombe Rd, Croydon, CR0 5PH
	11.00 – 13.00 Weekly		Knit and Natter	Scratchey Hall, 81 Brigstock Road, CR7 7JH
	13.30 – 15.30 Weekly		Tech Support Drop-in	Scratchey Hall, 81 Brigstock Road, CR7 7JH
Wednesday	10.30 - 11.15 Weekly		Chair-Based Exercise with standing adaptations	Scratchey Hall, 81 Brigstock Road, CR7 7JH
	11.30-12.15 Weekly		Chair-Based Exercise with standing adaptations	Scratchey Hall, 81 Brigstock Road, CR7 7JH
	10:30 – 11:30 Weekly		The Reader: Shared reading group	Online
	13.30 – 15.30 Weekly		Memory Tree Café: for those with a diagnosis of dementia, and their carers	Thornton Heath: Call for details
Thursday	10.00 – 12.00 Weekly		Information & Advice: Appointment only	Scratchey Hall, 81 Brigstock Road, CR7 7JH
	10.00 - 11.00 Weekly		Chair-Based Exercise with health and wellbeing talk	Online
	14.00 – 15.00 Weekly		BollyFun	Scratchey Hall, 81 Brigstock Road, CR7 7JH
Friday	From 10.30 Weekly		Gardening	Scratchey Hall, 81 Brigstock Road, CR7 7JH
	11.00 – 13.00 Weekly		Games & Chat	Scratchey Hall, 81 Brigstock Road, CR7 7JH
	14.00 – 15.00 Weekly		Strength & Balance: Standing Exercise	Online
	14.00 - 15.30 Weekly/Term times		You Too Can Sing! Choir	Scratchey Hall, 81 Brigstock Road, CR7 7JH
Saturday	13.30 – 15.30 1st & 3rd Sat of the month		Memory Tree Café: for those with a diagnosis of dementia, and their carers	East Croydon: Call for details

Excluding Bank Holidays / We reserve the right to change events at the last minute