




Activities timetable - in person

Day	Time	Frequency	Type	Activity	Location	How to book
Monday	13.30 – 14.30	1st & 3rd Mon of the month		Chair-Based Exercise <small>Starts 18 October</small>	Selsdon Library, Addington Rd, South Croydon, CR2 8LA	No booking required (if first session, please come 15 mins early)
Tuesday	10.00 – 12.00	Weekly		Information & Advice <small>Appointment only</small>	Scratchey Hall, 81 Brigstock Road, CR7 7JH	Call 020 8686 0066 to make an appointment
	11.00 – 12.00	Last Tue of the month		Healthy Joints Programme	Peony Court, 58 Addiscombe Rd, Croydon, CR0 5PH	No booking required (if first session, please come 15 mins early)
	11.00 – 13.00	Weekly		Knit and Natter	Scratchey Hall, 81 Brigstock Road, CR7 7JH	No booking required
	13.30 – 15.30	Weekly		Tech Support Drop-in <small>Starts 12 October</small>	Scratchey Hall, 81 Brigstock Road, CR7 7JH	No booking required
Wednesday	10.30 – 11.30	Weekly		Chair-Based Exercise with standing adaptations	Scratchey Hall, 81 Brigstock Road, CR7 7JH	No booking required (if first session, please come 15 mins early)
	13.30 – 15.30	Weekly		Memory Tree Café <small>for those with a diagnosis of dementia, and their carers</small>	Thornton Heath: Call for details	Call 020 8686 0066 or email memorytreecafe@ageukcroydon.org.uk
Thursday	10.00 – 12.00	Weekly		Information & Advice <small>Appointment only</small>	Scratchey Hall, 81 Brigstock Road, CR7 7JH	Call 020 8686 0066 to make an appointment
	10.30 – 12.30	Weekly		Art Group <small>Booking Essential!</small>	Scratchey Hall, 81 Brigstock Road, CR7 7JH	Call 020 8686 0066 or email AUKC@ageukcroydon.org.uk
Friday	From 10.30	Weekly		Garden Volunteers	Scratchey Hall, 81 Brigstock Road, CR7 7JH	Call 020 8686 0066 to join our volunteers
	11.00 – 13.00	Weekly		Games & Chat	Scratchey Hall, 81 Brigstock Road, CR7 7JH	No booking required
	14.00 – 15.30	Weekly		You Too Can Sing! Choir	Scratchey Hall, 81 Brigstock Road, CR7 7JH	No booking required
Saturday	14.00 – 15.30	1st & 3rd Sat of the month		Memory Tree Café <small>for those with a diagnosis of dementia, and their carers</small>	East Croydon: Call for details	Call 020 8686 0066 or email memorytreecafe@ageukcroydon.org.uk
EXTRA EVENTS!		Monthly		Musical Memory Tree <small>for those with a diagnosis of dementia, and their carers</small>	Community locations confirmed each month	Call 020 8686 0066 or email memorytreecafe@ageukcroydon.org.uk

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