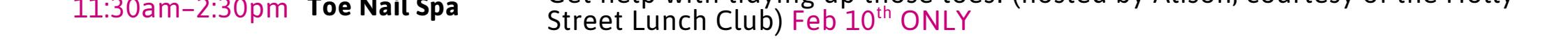
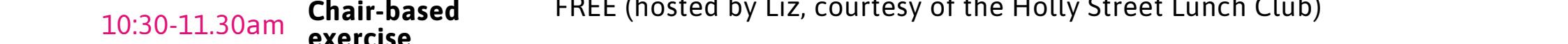


February at the Marie Lloyd Centre

Mon	12-1pm	Dance	Dance your way to better balance and agility; FREE with an option to pay £3 (hosted by Victoria, courtesy of MRS's Keeping Sharp programme)
	2:30-3:30pm	Chi Kung	Calming and uplifting ancient Chinese exercises; FREE with an option to pay £3 (hosted by Chris, courtesy of MRS's Keeping Sharp programme)
			
Tues	10am-12pm	Digital Drop-In	Get help with your phone, tablet or laptop on a first-come-first-served basis (hosted by Stefan and Patty, courtesy of Age UK East London)
	11am-12pm	Strength and Balance	Improve your posture, balance and confidence; FREE with an option to pay £3 (hosted by Robbie, courtesy of MRS's Keeping Sharp programme)
			
Tues	12.30-1.30pm	Lunch club	Holly Street Lunch Club cook nutritious meals for Hackney residents aged 55+ (hosted by Nerine and her team at the Holly Street Lunch Club)
	11:30am-2:30pm	Toe Nail Spa	Get help with tidying up those toes! (hosted by Alison, courtesy of the Holly Street Lunch Club) Feb 10th ONLY
			
Tues	1.30 -2.30pm	Zumba	An aerobic fitness workout method that involves cardio and Latin-inspired dance; FREE (hosted by Vanessa, courtesy of the Holly Street Lunch Club)
	12:30-1:30pm	Beginners Pilates	Focus on control and stability; FREE with an option to pay £3 (hosted by Rosaleen, courtesy of MRS's Keeping Sharp programme)
			
Tues	1.30 -2.30pm	Chair Yoga	Meditative, gentle exercise; FREE (hosted by Tracey, courtesy of Age UK East London)
	3:30-4:30pm	Feldenkrais	Gentle, mindful movement that aids greater body awareness, whilst reducing discomfort and stiffness; FREE with an option to pay £3 (hosted by Charlotte, courtesy of MRS Keeping Sharp programme)
			
Weds	10am-4pm	Carers Advice Line	Offering advice in Bengali, Urdu, Hindi, Turkish and English. Call 020 8533 0951 (hosted by City & Hackney Carers Ctr)
	10am-1pm	Carers advice drop-in	30 min slots offered on a first-come-first-served basis. Call 020 8533 0951 to check the wait time (hosted by City & Hackney Carers Ctr)
			
Weds	10-11.00am	Board Games	Pick from a selection that includes Chess, Scrabble, Snakes & Ladders etc; FREE (hosted by Joanna, courtesy of the Holly Street Lunch Club)
	10.30am-4.30pm	Money Guidance drop-in	Free weekly support from Zara at Clean Slate's Quids in! Money Guidance service. No need to book.
			
Weds	11am-12.30	Arts & Crafts	Currently focussing on card making; FREE (hosted by Joanna, courtesy of the Holly Street Lunch Club)
	12.30-1.30pm	Lunch club	Holly Street Lunch Club cook nutritious meals for Hackney residents aged 55+ (hosted by Nerine and her team at the Holly Street Lunch Club)
			
Weds	1-2pm	Chair-based exercise	Fun and energetic; FREE with an option to pay £3 (hosted by Rosaleen, courtesy of MRS's Keeping Sharp programme)
	1.30-3.00pm	Bingo	FREE (hosted by Sarah, courtesy of the Holly Street Lunch Club)
			
Weds	2-3pm	Body conditioning	FREE (hosted by Rosaleen, courtesy Better Hackney+Age UK East London)
	10:30-11.30am	Chair-based exercise	FREE (hosted by Liz, courtesy of the Holly Street Lunch Club)
			
Thurs	12.30-1.30pm	Lunch club	Holly Street Lunch Club cook nutritious meals for Hackney residents aged 55+ (hosted by Nerine and her team at the Holly Street Lunch Club)
	12.30-1.30pm	Intermediate Pilates	Intermediate/experienced level Pilates, £3 per session (courtesy of MRS's Keeping Sharp programme) NEW for 2026
			
Thurs	1.30-2:30pm	Stretch & coordination	New for 2026. FREE with optional donation (courtesy of MRS Keeping Sharp programme)
	11am-1pm	Art club	Join this self-run group for artists of all abilities; FREE
			
Fri	10-11am	Tai Chi Class	Low-impact, meditative exercise; £2 per session (hosted by Sihing Daniele, courtesy of Age UK East London)
	11am-1pm	Knitting	Knitting group, courtesy of Age UK East London
			
Fri	10am-1pm	Women's drop-in	Harm reduction service (hosted by Lizzie, courtesy of SWERVE)