

The Merchant Street Hub - Activity Schedule

2025

Activities at the Hub: 1 Merchant Street, E3 4LY

MONDAYS

TIME	SESSION	COST	INFORMATION
10am-11am	Light Exercise	£1.00	Help build up some core strength with gentle exercise
1pm-3pm	ELBA Digital Support Workshops	FREE	Need support with your digital devices? Join a team of dedicated volunteers to assist you
1:30pm-3:30pm	Board Games Club	FREE	Never be bored playing favourites, such as Trivial Pursuit, chess & more

WEDNESDAYS

TIME	SESSION	COST	INFORMATION
10am-11:30am	Knitting Group	£1.00	Learn how to knit & relax in this friendly group
10am-12pm	Walking Group	FREE	Join us for a refreshing walk through East London's vibrant streets, exploring local sights and enjoying friendly company
10am-1pm	Digital Drop-in	FREE	1-to-1 session to support you with your mobile phones, tablets or laptops
11am-12:30pm	English Conversation Group	FREE	Learn & improve your English language
1:30pm-3:30pm	Board Games Club	FREE	Never be bored playing favourites, such as Trivial Pursuit, chess & more
2:30pm-3:30pm	Arts & Crafts Group	£1.00	Come along to learn and share creative skills

THURSDAYS

TIME	SESSION	COST	INFORMATION
10:30am - 11:30am	Stroke Group (Fortnightly)	£1.00	Support group for stroke victims and survivors
10.30am - 11.30am	East End History Club	FREE	A group dedicated to exploring the rich and vibrant history of East London's people, places, and culture
1:30pm - 2:30pm	Chair Exercise & Meditation	£1.00	Come along and join Tracy for an hour of light chair exercises and meditation.
1:30pm - 4pm	Forum/Quiz/Karaoke/Bingo	FREE/£1.00	A different activity each week

Food at the Hub

MONDAYS, WEDNESDAYS & THURSDAYS

TIME	SESSION	COST	INFORMATION
9am - 3pm	Merchant Street Café	Varies	A range of beverages and light snacks , including sandwiches & baked potatoes. See Menu for more details
12pm - 1pm	Lunch Group	£6.00	A range of main meals and deserts served at one sitting. Must be ordered in advance. All meals cost £6.00

Activities in Bow

TUESDAYS at Gawthorne Court, Mostyn Grove, E3 2DU

11.30am - 12.30pm	Bingo	£1.00	Join us for a fun-filled Bingo session
THURSDAYS at Gawthorne Court, Mostyn Grove, E3 2DU			

10am - 12pm	Ekota Women's Group	FREE	Local Muslim women's group that learns and explores the Quran
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Online Activities

WEDNESDAYS

TIME	SESSION	COST	INFORMATION
10:00am - 11:00am	Playlist for Life (Online via Zoom)	FREE	Love music? Join us for a journey through the sounds you love and share in a vibrant musical experience with others
12:30pm - 1.30pm	Reader Group (Online via Zoom)	FREE	Listen to stories read aloud and share your thoughts in a relaxed and friendly group setting

Address: Bow Road Methodist Church Hall, 1 Merchant Street, Bow, London, E3 4LY

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