

## Mondays

9am - 3pm

### Light Exercise

10am - 11am, **£1**

### Lunch Group: Curry Club

12pm - 1pm, **£6**

*Homemade curries and great company.  
Free dessert included. Please order in advance*

### Tai Chi

1pm - 2pm, **£2**

*Gentle guided movements to improve balance, flexibility and wellbeing*

### ELBA Digital Workshop

1pm - 3pm, **free**

### Board Games Club

1pm - 3pm, **free**

## Wednesdays

9am - 4pm

### Knitting Group

10am - 11:30am, **£1**

### Walking Group

10am - 12pm, **free**

### Digital Drop-in

10am - 1pm, **free**

### Lunch Group

12pm - 1pm, **£6**

*Homemade meals and great company.  
Free dessert included. Please order in advance*

### Zumba

1pm - 2pm, **£2**

### Arts & Crafts

2:30pm - 4pm, **£1**

## Thursdays

9am - 4pm

### Stroke Group (fortnightly)

10am - 12pm, **£2**

*Support group for stroke survivors*

### Sewing & Alterations Club (fortnightly)

10am - 12pm, **free**

### Lunch Group (ordered in)

12pm - 1pm, **prices vary**

*Local fish 'n' chips delivered fresh. Free dessert included. Please order in advance*

### Chair Exercise & Meditation

1pm - 2pm, **£1**

### English Conversation Group

1pm - 2:30pm, **free**

### Quiz/Karaoke/Bingo/Forum

2pm - 4pm, **free / £2**

*Alternate fun with quizzes, karaoke, bingo, and forum discussions*

Drop-in anytime and meet our friendly team. Free tea and coffee available throughout the day



# Other Regular Activities in Tower Hamlets

Online & other venues

## Gawthorne Court, Mostyn Grove, E3 2DU

### **Tuesdays:**

#### **Bingo**

11:00am - 12:30pm, **free**

*Join us for a fun-filled Bingo session*

### **Thursdays:**

#### **Ekota Women's Group**

10am - 12pm, **free**

*Local Muslim women's group that learns and explores the Quran*

## Online via Zoom

*Please ask a member of staff for meeting information*

### **Tuesdays**

#### **Online Exercise**

12:30am - 1:30pm, **free**

### **Fridays:**

#### **Virtual Tour**

10:30am - 11:30am, **free**

*Explore the rich traditions, cultures, and fascinating histories of each country we visit.*

### **Wednesdays:**

#### **Playlist for Life**

10am - 11am, **free**

*Love music? Join us for a journey through the sounds you love*

### **Wednesdays:**

#### **Reader Group**

12pm - 1pm, **free**

*Turn over for activities at the Merchant Street Hub, Tower Hamlets*