

CAXTON HALL & LA+ ACTIVITY SCHEDULE

January - March 2020

Activities for People Over 50
Monday - Friday 9am - 4pm

MONDAY SESSIONS

TIME	ACTIVITY	VENUE	COST	INFO
9.00am - 10.30am	Breakfast Club	Donnybrook Court, 319 Old Ford Rd, London, E3 5NT	Varies	Come join us for a cooked to order bacon and/or egg sandwich, tea/coffee or just a chat in a relaxed space.
10am - 2.00pm	Age UK Information & Advice Drop In	Caxton Hall, Caxton Grove, Bow, London, E3 2EE	FREE	Drop in for expert advice and guidance regarding finance, housing, benefits in confidence with our friendly advisors
10.30am - 11.30am	Zumba	Caxton Hall, Caxton Grove, Bow, London, E3 2EE	£1.50	Get fit and healthy with this fun and energetic group.
11am - 12.00pm	Games & Quiz Session	Caxton Hall, Caxton Grove, Bow, London, E3 2EE	FREE	Come test your knowledge and skills in this informal and fun social games group. It's not the winning that counts!
12.00 - 1.00pm	Lunch Club	Caxton Hall, Caxton Grove, Bow, London, E3 2EE	£5.28 or bring packed lunch	Come and join the group for lunch, meals are delivered to order so for more info on how to take part, please call: 0208 981 7124 or 0203 954 3202
1.00pm - 2.30pm	Arts & Crafts	Caxton Hall, Caxton Grove, Bow, London, E3 2EE	£1.00	Get your creative skills sharpened in this fun and friendly session, make, paint, create!
2.00pm - 4.00PM	Indoor Bowls Group	Tredegar Community Centre, 333 Morville St, Bow, London, E3 2DZ	FREE	Bowls away! Enjoy a cuppa and get competitive in this lively and fun indoor bowls session.

Caxton Hall Community Centre, Caxton Grove, Bow, London, E3 2EE

Tel: 0208 981 7124 - 0203 954 3202

TUESDAY SESSIONS

TIME	ACTIVITY	VENUE	COST	INFO
9.30am - 11.30 am	English Conversation	St. Andrew's Health Centre, 2 Hannaford Walk, Bromley By Bow, London E3 3FF	FREE	Progress your English skills in reading, writing and speaking in this informative group.
10.30am - 12.00pm	Social Walking Group	Caxton Hall, Caxton Grove, Bow, London, E3 2EE	FREE	Enjoy the outdoors and get fit whilst doing so. Group led by Phillip, for those who enjoy strolling around the local area.
10.30 am-11.30 am	Dance East with English National Ballet	Caxton Hall, Caxton Grove, Bow, London, E3 2EE	FREE	Gentle dance classes utilising ballet for fun exercise with live music. All abilities welcome.
12.00 - 1.00pm	Lunch Club	Caxton Hall, Caxton Grove, Bow, London, E3 2EE	£5.28 or bring packed lunch	Come and join the group for lunch, meals are delivered to order so for more info on how to take part, please call: 0208 981 7124 or 0203 954 3202
12.30pm - 2.00pm	Digital/IT Session	Caxton Hall, Caxton Grove, Bow, London, E3 2EE	£1.00	Drop-in session on how to use the internet and digital skills at a easy and relaxed pace. Bring your own digital devices.
1.30pm - 3.30pm	Knit and Natter	Old Ford Methodist Church, 199 Armagh Rd, Bow, London, E3 2HX	£1.00	Informal welcoming group that give an opportunity to meet others, chat, have a tea or coffee while knitting, crocheting or sewing. All abilities welcome.
1.30pm - 4.00 pm	The Geezers Men's Group	Tredegar Community Centre, 333 Morville St, Bow, London E3 2DZ	£2.00	A self-organised group of older men (55+) that organises social activities , speakers and trips.

WEDNESDAY SESSIONS

TIME	ACTIVITY	VENUE	COST	INFO
9.30am - 11.30pm	Tea & Coffee Morning	Bromley by Bow Centre, St Leonard's St, Bromley By Bow, London, E3 3BT	FREE	Come along for a morning cuppa of tea and biscuit, while you are chat and socialise with other local residents.
9.30pm - 11.30pm	Ekota's Bangladeshi Women's Group	Caxton Hall, Caxton Grove, Bow, London, E3 2EE	FREE	Local Muslim woman's groups that learns and explores the Quran
11.00am - 12.30pm	Digital/IT Session	Caxton Hall, Caxton Grove, Bow, London, E3 2EE	£1.00	Drop-in session on how to use the internet and digital skills at a easy and relaxed pace. Bring your own digital devices.

WEDNESDAY SESSIONS Cont.

TIME	ACTIVITY	VENUE	COST	INFO
12.00 - 1.00pm	Lunch Club	Caxton Hall, Caxton Grove, Bow, London, E3 2EE	£5.28 or bring packed lunch	Come and join the group for lunch, meals are delivered to order so for more info on how to take part, please call: 0208 981 7124 or 0203 954 3202
1.30pm - 2.30pm	Ruth Court Coffee Afternoon	Ruth Court Medway Road, Bow, London, E3 5DS	FREE	Join an afternoon with a cuppa of tea and biscuits while you are chat and socialise with other residents.
1.30pm - 2.30pm	Lawrence Close Coffee Afternoon	Lawrence Close Bow, London, E3 2BQ.	FREE	Join an afternoon with a cuppa of tea and biscuits while you are chat and socialise with
1.00pm - 2.30pm	Health & Wellbeing Session	Caxton Hall, Caxton Grove, Bow, London, E3 2EE	£1.00	Guidance sessions on preventative methods that help manage long term conditions. Run by Giaro Health Management
2.30pm - 3.40pm	Seated Exercise at Lawrence Close	Lawrence Close Bow, London, E3 2BQ	FREE	A gentle Chair based exercises that will develop your cardio fitness, muscular strength, and flexibility.

THURSDAY SESSIONS

TIME	ACTIVITY	VENUE	COST	INFO
10.30am - 3.00pm	Fruity Thursday	Caxton Hall, Caxton Grove, Bow, London, E3 2EE	FREE	Come and pick up a banana or satsuma in our free weekly give away of fresh fruit - given out on a first come first served .
10.00am - 12.00pm	Stroke Support Group (Fortnightly)	Caxton Hall, Caxton Grove, Bow, London, E3 2EE	£1.00	Fortnightly group that gives and opportunity for people who have had a stroke and their cares to socialise
10.00am - 1.00pm	Advocacy Service	Caxton Hall, Caxton Grove, Bow, London, E3 2EE	FREE	Drop in to see an independent advocates who can support you to make your own decisions and be involved in discussions about the things that are important to you.
10.00am - 1.30 pm	Coffee Morning	St Paul's Church, St Stephen's Rd, Bow, London, E3 5JL	FREE	Come to this informal gathering in the café area at St Paul's Church for tea and chat
12.00 - 1.00pm	Lunch Club	Caxton Hall, Caxton Grove, Bow, London, E3 2EE	£5.28 or bring packed lunch	Come and join the group for lunch, meals are delivered to order so for more info on how to take part, please call: 0208 981 7124 or 0203 954 3202

THURSDAY SESSIONS Cont.

TIME	ACTIVITY	VENUE	COST	INFO
1.00pm - 2.30pm (Last Thursday of the Month)	Deaf Blind Support Group	Caxton Hall, Caxton Grove, Bow, London, E3 2EE7	£1.00	A monthly group that give support, and social activity to deaf and blind people of all ages
1.00pm - 2.00pm	Bingo with Betty	Caxton Hall, Caxton Grove, Bow, London, E3 2EE	£1.00	A fun and relaxed afternoon of four rounds of Bingo with the winners given a choice of prizes.
2.30pm - 3.30pm	Coffee, Tea and Chat	Gawthorne Court, 73 Usher Road, Bow, London, E3 2DU	FREE	Join an afternoon with a cuppa of tea and biscuits while you are chat and socialise with other residents.
1.30pm - 4.30pm	Bow Bells Ladies Group	Butley Court, 1a Butley Court, Ford Street, Bow London, E3 5LT	£2.00	A self-organised group of older women that organises social activities, Bingo, and speakers.

FRIDAY SESSIONS

TIME	ACTIVITY	VENUE	COST	INFO
9.30 am - 11.30am	English Conversation Class	Caxton Hall, Caxton Grove, Bow, London, E3 2EE7	FREE	Progress your English skills in reading, writing and speaking in this informative group.
11.00am— 12.00pm	Collective Thinking	Caxton Hall, Caxton Grove, Bow, London, E3 2EE7	FREE	A weekly discussion group that looks at current affairs and topical issues.
12.00pm - 1.00pm	Lunch Club	Caxton Hall, Caxton Grove, Bow, London, E3 2EE	£5.28 or bring packed lunch	Come and join the group for lunch, meals are delivered to order so for more info on how to take part, please call: 0208 981 7124 or 0203 954 3202
1.30pm - 2.30pm	Seated Yoga	Caxton Hall, Caxton Grove, Bow, London, E3 2EE7	£2.00	Join our seated yoga classes and increase your suppleness and balance . All abilities welcome
1.30pm - 2.30pm	Afternoon Tea	Regency Court, 10 Norman Grove, Bow, London, E3 5EG	FREE	Join an afternoon with a cuppa of tea and biscuits while you are chat and socialise with other residents.

As well as the daily activities, there are often special events and partnerships that are held at Caxton Hall and in other locations. Please contact a staff member for the latest updates.

Caxton Hall Community Centre, Caxton Grove, Bow, London, E3 2EE

Tel: 0208 981 7124 - 0203 954 3202

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