November at the **Marie Lloyd Centre**

Monday

12 - 1pm	**Dance** MRS Keeping Sharp	Free/£3
2:30 - 3:30pm	**Chi Kung** MRS Keeping Sharp	Free/£3

Tuesday

10am - 12pm	**Digital Drop In** Age UK East London	Free
11am - 12pm	**Strength & Balance** MRS Keeping Sharp	Free/£3
12pm - 1:30pm	**Lunch Club** Age UK East London	£5.50 / £4.50 (members)
12:30 - 1:30pm	**Beginners Pilates** MRS Keeping Sharp	Free/£3
3:30 - 4:40pm	**Feldenkrals** MRS Keeping Sharp	Free/£3

Wednesday

10am - 1pm	**Carers Advce Drop in** Hackney Carers	Free/£3
12pm - 1:30pm	**Lunch Club** Age UK East London	£5.50 / £4.50 (members)
1pm - 2pm	**Chair-based Exercise** MRS Keeping Sharp	Free/£3
1:30 - 3:00pm	**Bingo** Age UK East London	Free

Thursday

10:30 - 11:30	**Chair-based Exercise** Age UK East London	Free
11am - 1pm	**Art Club**	Free
12pm - 1:30pm	**Lunch Club** Age UK East London	£5.50 / £4.50 (members)
12:30 - 1:30pm	**Intermediate Pilates** MRS Keeping Sharp	Free
1:30 - 2:30pm	**Stretch & Coordination** MRS Keeping Sharp	Free

Friday

10am - 11pm	**Tai Chi Class** Age UK East London	£2

Special Events

17th November 11am - 2pm	**Foot Clinic** (Appointment Only) Age UK East London	£20
5th November 11am - 2:30pm	**NELCA Get Active Day**	Free
25th November - To book please speak to reception	**Canterbury Christmas Trip** Age UK East London	£20

All exercise activites are designed to be accessible and accomodate all abilities.

If you would like more information on any of the activities please check out our booklet or speak with Reception.