



August Events at the Merchant Street Hub



Bow Road Methodist Church, 1 Merchant Street, Bow, E3 4LY

0208 981 7124, Ext. 3, Option 1

www.MerchantStHub.co.uk merchantsthub@ageukeastlondon.org.uk

Opening hours: Mon 9am - 3pm, Wed & Thurs 9am - 4pm



Monday 3rd:

World Lung Cancer Day Talk

1pm - 1:45pm, Free.

Awareness discussion in prevention of Lung related issues.



Wednesday 5th:

English Conversation class

10am - 12pm, Free

Learn and improve your English language.

Greenwich Park Freedom Trip MSH

1pm, Free

DLR trip: Explore the Cutty Sark. Book your place by speaking to us at the centre or calling us on: 020898 17124



Thursday 6th:

Bingo

1pm - 2pm, £2

Join us for a fun-filled Bingo session with prizes, friendly competition, and plenty of laughs.



Thursday 13th:

Stroke Group

10am - 12pm, £2

Support group for stroke victims and survivors.

Karaoke

2pm - 3pm, Free

Join us for an afternoon of music, laughs, and sing-along fun - whether you're on the mic or in the crowd!

Please turn over for more events





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Opening hours: Mon 9am - 3pm, Wed & Thurs 9am - 4pm



Thursday 20th:

Quiz

2pm - 3pm, Free.

Join us for a fun-filled quiz session with prizes, friendly competition, and plenty of laughs.

Monday 24th:

Centre closed for floor refurbishment.

Trip: Tower of London

Meet at 10:15 outside Merchant Street Hub

Join us for a trip to the Tower of London! If you are a Tower Hamlets resident you can access the tower for £1. Please bring proof of name and address e.g. utility bill bank statement. Please bring a packed lunch.

Book your place by speaking to us at the centre or calling us on: [020898 17124](tel:02089817124)

Wednesday 26th:

Centre closed for floor refurbishment.

Picnic at Victoria Park

Meet at 10:30 outside Merchant Street Hub

Join us for a sunny picnic with friendly faces. Book your place by speaking to us at the centre or calling us on: [020898 17124](tel:02089817124)

Thursday 27th:

Centre closed for floor refurbishment.

Trip: Canary Wharf Art Installations & Docklands Museum

Meet at 10:15 outside Merchant Street Hub

Come along to see fabulous art and learn about the history of London Docklands. Please bring a packed lunch.

Book your place by speaking to us at the centre or calling us on: [020898 17124](tel:02089817124)

Monday 31st:

Centre closed for bank holiday.

