



# June 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](http://www.MerchantStHub.co.uk) [merchantsthub@ageukeastlondon.org.uk](mailto:merchantsthub@ageukeastlondon.org.uk)

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

## Thursday 4th:

### National Fish and Chips Day



12:00pm - 3:00pm, £2 for Bingo + the cost of Fish and Chips (prices vary)

Come along and have a fun afternoon of bingo and delicious fish and chips.

The fish and chips must be ordered before 11am on the day.

### Stroke Group

10:30am - 12:30pm, £2

Support group for stroke victims and survivors.

## Thursday 11th:

### Carers Week Talks & Themed Quiz



2:00pm - 4:00pm, Free

Discover the vital role carers play and test your knowledge with a fun, interactive quiz!

## Monday 15th:

### Freedom Pass Trip: National Picnic Day



10:00am - 3:00pm, Free

Come along for a group picnic at Victoria Park. Let us know if you'd like to attend by visiting us at the centre or calling 07539 434 014.

## Wednesday 17th:

### Healthy Eating Lunch: Make Your Own Wraps

11:00am - 1:00pm, Free

A fun filled session making healthy wraps and learning about healthy eating.

### Older People's Reference Group (OPRG): Combatting Loneliness



2:00pm - 4:30pm, Free

The OPRG is a forum for people aged 50+ to discuss key issues affecting older people in our area and influence decision-makers who shape the services that older people rely on.

Please turn over for more events





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

## Thursday 18th:

### Stroke Group

10:30am - 12:30pm, £2

Support group for stroke victims and survivors.

### Karaoke

2:00pm - 4:00pm, Free

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

## Wednesday 24th:

### Continence Awareness

1:30pm - 2:30pm, Free

Join us for a helpful information session on continence, in honour of World Continence Awareness week.



## Thursday 25th:

### Bingo

2:00pm - 4:00pm, £2

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

