# November Events at the Merchant Street Hub

Bow Road Methodist Church, 1 Merchant Street, Bow, E3 4LY
0208 981 7124, Ext. 3, Option 1
www.ageuk.org.uk/eastlondon merchantsthub@ageukeastlondon.org.uk
Opening hours: Mon 9:45am - 3pm, Wed & Thurs 9:45am - 4pm



**Thursday 5th:**
**Stroke Group**
*10am - 12pm, £2*
Support group for stroke victims and survivors.

**Name that Tune**
*1:30pm - 3pm, Free.*
Join Marcus for a lively session of Name that Tune!



**Wednesday 11th:**
**High Tea at Merchant Street Hub**
*2pm - 3:30pm, Free/£1 for raffle*
An afternoon of delicious delights to celebrate remembrance day. We will have music and a raffle.
**RSVP is essential. Regular client priority.**




**Thursday 12th:**
**Bingo**
*1:30pm - 2:30pm, £2*
Join us for a fun-filled Bingo session with prizes, friendly competition, and plenty of laughs.



**Thursday 19th:**
**Stroke Group**
*10am - 12pm, £2*
Support group for stroke victims and survivors.

**Quiz**
*1pm - 2:30pm, Free*
Join us for a fun-filled quiz session with prizes, friendly competition, and plenty of laughs.

*Please turn over for more events*

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**Wednesday 25th:**

**Centre is closed**

The centre will be closed for the christmas market trip.

**Canterbury Christmas Market Trip**

*All day - £20*

To attend the trip to Canterbury you must RSVP - please speak to a staff member for more information

