



October 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



Thursday 1st:

Sewing Group

10am - 12pm, Free.

Join Angela to recycle much-loved clothes, make repairs, and learn new sewing skills.



Wednesday 7th:

Ageing Well: Older People's Discussion Group

1:30pm - 2:30pm, Free.

A discussion around ageing well and maintaining wellbeing in later life.

Thursday 8th:

Stroke Group

10am - 12pm, £2

Support group for stroke victims and survivors.



Wednesday 14th:

Quiz

1pm - 2:30pm, Free

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



Thursday 15th:

Sewing Group

10am - 12pm, Free.

Join Angela to recycle much-loved clothes, make repairs, and learn new sewing skills.

Please turn over for more events





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Opening hours: Mon 9:45am - 3pm, Wed & Thurs 9:45am - 4pm



Wednesday 21st:

Karaoke

1:30pm - 3:00pm, Free

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

Thursday 22nd:

Stroke Group

10am - 12pm, £2

Support group for stroke victims and survivors.



Wednesday 28th:

Bingo

1:30pm - 2:30pm, £2

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



Thursday 15th:

Sewing Group

10am - 12pm, Free.

Join Angela to recycle much-loved clothes, make repairs, and learn new sewing skills.

