



September 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



Wednesday 2nd:

English Conversation Class

10am - 12pm, Free.

Learn and improve your English language.



Wednesday 9th:

English Conversation Class

10am - 12pm, Free

Learn and improve your English language.



Thursday 10th:

Stroke Group

10am - 12pm, £2

Support group for stroke victims and survivors.

Bingo

1pm - 2pm, £2

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



Thursday 16th:

Afternoon Traditional Tea

2pm - 3:30pm, £2

Join us for afternoon tea and a free raffle.

Please turn over for more events





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

Wednesday 23rd:

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!



Thursday 24th:

Stroke Group

10am - 12pm, £2

Support group for stroke victims and survivors.

Wednesday 30th:

Older People's Reference Group (OPRG)

2pm - 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 note: The hub will close at 1pm on Wednesday 30th for the OPRG.

