

# Join us for March social activities

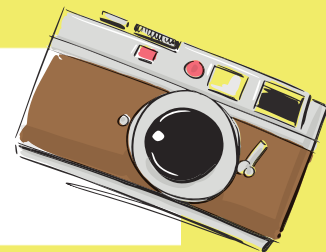
Join Age UK Islington and Islington Carers Hub to discover new interests, meet others and keep moving!

## MONDAYS

11am - 12 noon  
From 2pm

ART JOURNALING be creative in a relaxed environment

PHOTOGRAPHY GROUP share ideas and develop new skills



## TUESDAYS

10.30am - 1pm  
11am - 12 noon

SOBELL GET TOGETHER (F) table tennis, bowls, badminton & tea!

PAINTING APPRECIATION learn about painting from different eras



## WEDNESDAYS

10am - 11am  
10am - 12 noon  
11am - 12 noon

WALKING FOOTBALL (F) football at a slower pace, Arsenal

FINSBURY GET TOGETHER (F) sports social in the south of Islington

REMINISCENCE (F) share memories over a cuppa, N7

## THURSDAYS

10.30am - 11.30am  
10.30am - 1pm  
11am - 1pm  
12 noon - 1pm

WALKING FOOTBALL (F) football at a slower pace, Sobell

SOBELL GET TOGETHER (F) table tennis, bowls, badminton & tea!

LEGO LUNCH SOCIAL (F) a relaxed social with Lego & lunch!

TECH BREAK IT support usually fortnightly, 3 / 17 / 24 March



## FRIDAYS

11am - 12 noon  
2pm - 3pm

YOGA & MEDITATION reduce stress, anxiety & maintain flexibility!

MUSIC APPRECIATION join us on this musical journey



Looking to meet in person? Groups with (F) meet 'face-to-face' at Islington community venues

## March 2022

Special Events &  
Support Groups

LET'S TALK! GROUP Wed 16, 10.30am-12.30pm

MENTAL HEALTH CARERS SUPPORT GROUP Thurs 17, 1.30pm-3pm

CARERS SUPPORT GROUP Wed 23, 10.30am-12pm

CARERS ART WORKSHOPS (F) Weekly till Thurs 31, 10am-12.15pm

For our full programme of mostly free online & face-to-face community Get Togethers:  
[www.ageuk.org.uk/islington/get-togethers/](http://www.ageuk.org.uk/islington/get-togethers/)