

**Islington**

# Let's Get Together



## Booking essential!

Please contact the venue directly to book a place.

### Health & Wellbeing Walk

**Friday 3 October, 10am**

Discover local wildlife and enjoy the changing seasons on a gentle 30-minute walk with plenty of rest stops. Finish with free refreshments. All welcome (dementia friendly).

**Islington Ecology Centre** Gillespie Park,  
191 Drayton Park, N5 1PH

**NO NEED TO BOOK**



### Saturday Socials Walking Tour – Cubitt Arts

**Saturday 4 October, 11am–1pm**

Join Lucy Steggals & Saturday Socials for a creative walk exploring ledges, puddles, hooks & holes, & visit Nicola Singh's exhibition.

**Cubitt Art Gallery** 8 Angel Mews, N1 9HH

**BOOK YOUR PLACE** Call 020 7278 8226  
or email [join-in@cubittartists.org.uk](mailto:join-in@cubittartists.org.uk)

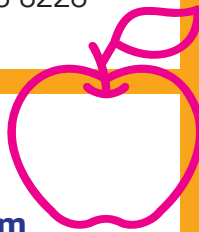
### Jam & Chutney Making – Octopus Orchard Project

**Tuesday 7 October, 10.30am–1pm**

Harvest fruit from newly planted orchards and learn how to make jam and chutney. Free lunch included!

**Hilldrop Community Centre** Hilldrop Rd, N7 0JE

**Book your place** Call 020 7263 7095  
or email [info@octopuscommunities.org.uk](mailto:info@octopuscommunities.org.uk)



**Join us for a week of joyful, creative events for over 50s**

**From walks and exhibitions to theatre and jam-making!**

### Blue House Club – Special Edition

**Wednesday 8 October, 11am–1.30pm**

Bring a favourite photo of yourself and share the story behind it over a delicious lunch and cream tea. Optional: dress up in something special or an outfit that brings back memories!

**Elizabeth House Community Centre**

2 Hurlock St, N5 1ED

**BOOK YOUR PLACE** Call 020 7690 1300  
or email [info@elizabeth-house.org.uk](mailto:info@elizabeth-house.org.uk)

### Park Theatre Matinee

**Thursday 9 October, 2pm for 3pm performance**

Experience the magic of one of London's leading theatres with a Pay-What-You-Can matinee performance of *The Woman* (suggested £3). Enjoy refreshments from 2pm.

**Park Theatre** 13 Clifton Terrace, Finsbury Park, N4 3JP

**BOOK YOUR PLACE**

Call Age UK Islington 020 7281 6018 or email [gethelp@ageukislington.org.uk](mailto:gethelp@ageukislington.org.uk)



### Sadler's Wells Theatre Experience

**Friday 10 October, 11am–1pm**

A special event for people living with dementia and their carers. Includes a guided tour, a rehearsal by the Company of Elders, and refreshments.

**Sadler's Wells Theatre** Rosebery Avenue, EC1R 4TN

**BOOK YOUR PLACE**

Text/whatsapp 07585505219 or [rosie.nicholas@sadlerswells.com](mailto:rosie.nicholas@sadlerswells.com)

