

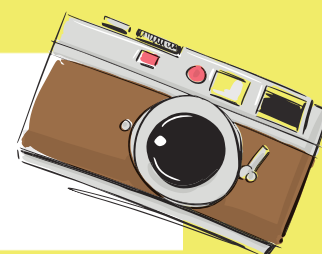
Join us for April social activities

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

MONDAYS

11am - 12 noon

ART JOURNALING be creative in a relaxed environment



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

From 10.30am

11am - 12 noon

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

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

PHOTOGRAPHY GROUP share ideas and develop new skills

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, 7 / 21 April

FRIDAYS

11am - 12 noon

2pm - 3pm

YOGA & MEDITATION reduce stress, anxiety & maintain flexibility!

MUSIC APPRECIATION join us on this musical journey

April 2022

Special Events & Support Groups

ART WORKSHOPS (F) From Thur 7, 2pm, Cally Clock Tower Centre

PARK THEATRE (F) Thur 7, 2pm, Park Theatre

CARERS PATHWAY FORUM, Tues 12, 2-3pm

LET'S TALK! PEER EVENT (F) Wed 20, 10.30am, St Luke's Centre

MENTAL HEALTH CARERS SUPPORT GROUP Thur 21, 1.30pm-3pm

CARERS SUPPORT GROUP Wed 27, 10.30am-12pm



For our full programme of mostly free online & face-to-face (F) community Get Togethers:

www.ageuk.org.uk/islington/get-togethers/