

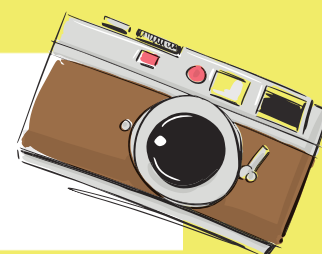
Join us for May social activities

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 - 12 noon

From 10.30am

11am - 12 noon

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

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!

FRIDAYS

11am - 12 noon

2pm - 3pm

YOGA & MEDITATION reduce stress, anxiety & maintain flexibility!

MUSIC APPRECIATION join us on this musical journey



May 2022

Special Events & Support Groups

PARK THEATRE (F) Thur 5, 2pm, Park Theatre

HISTORY WALK & ARSENAL STADIUM TOUR (F) Wed 18 May, 10am

LET'S TALK PEER EVENT (F) Wed 18 May, 10.30 - 12.30pm

TECH BREAK Digital support group, Thur 19 May, 12 - 1pm

MENTAL HEALTH CARERS SUPPORT GROUP Thur 19, 1.30pm-3pm

CARERS SUPPORT GROUP Wed 25, 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/