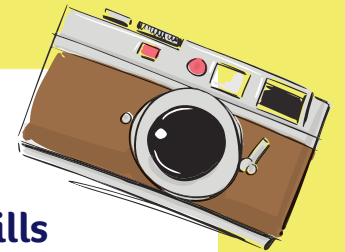


August 2021 FREE Get Togethers

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



MONDAYS

11am - 12 noon

2pm - 3pm

ART JOURNALING be creative in a relaxed environment

PHOTOGRAPHY GROUP share ideas and develop new skills

TUESDAYS

11am - 12 noon

PAINTING APPRECIATION learn about painting from different eras

WEDNESDAYS

11am - 12 noon

REMINISCENCE chat and share memories over a cuppa



THURSDAYS

From 11am

12 noon - 1pm

TECH BREAK get the most from your smart phone or digital device

FRIDAYS

11am - 12 noon

2pm - 3pm

YOGA & MEDITATION reduce stress, anxiety & maintain flexibility!

MUSIC APPRECIATION join us for a musical journey through time

August 2021

Special Events & Support Groups

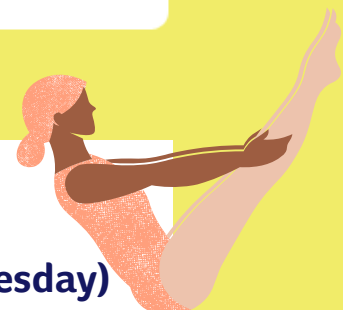
LET'S TALK PEER SUPPORT GROUP Wed 4, 10.30am - 12pm

HOW TO ENJOY COOKING Tues 10, 4 - 5pm (usually 1st Tuesday)

CARERS PATHWAY FORUM Tues 17, 2 - 3pm

GREATER LONDON WALKS historical walks 60yrs + (returns 23 Aug)

CARERS SUPPORT GROUP Wed 25, 10.30am - 12pm



For the full programme of activities see:
www.ageuk.org.uk/islington/get-togethers