

Join us for New Year activities

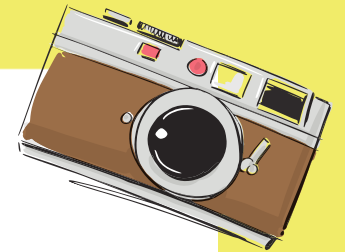
Join Age UK Islington and Islington Carers Hub to discover new interests, meet others and keep moving!

MONDAYS

11am - 12 noon
From 2pm

[ART JOURNALING](#) starting back 10 January

[PHOTOGRAPHY GROUP](#) starting back 10 January



TUESDAYS

10.30am - 1pm
11am - 12 noon

[SOBELL BETTER GET TOGETHER](#) starting back 4 January (*)

[PAINTING APPRECIATION](#) starting back 4 January

WEDNESDAYS

10am - 11am
11am - 12 noon

[WALKING FOOTBALL](#) starting 26 January (*)

[REMINISCENCE](#) starting back 12 January (paused)



THURSDAYS

11am - 1pm

[LEGO LUNCH SOCIAL](#) starting back 20 January (paused)

FRIDAYS

11am - 12 noon
2pm - 3pm

[YOGA & MEDITATION](#) starting back 7 January

[MUSIC APPRECIATION](#) starting back 7 January



January 2022

Special Events &
Support Groups

[BRITISH RED CROSS WORKSHOPS](#) 13, 27 Jan, 10 February

[LET'S TALK! EVENT](#) Wed 19 January, 10.30am - 12.30pm

[CARERS SUPPORT GROUP](#) Wed 26 January, 10.30am - 12pm

[DIGITAL SUPPORT](#) Call us on 020 7281 6018 to book for help.

Our online Get Togethers are continuing to take place. In response to the current Covid-19 situation, Age UK Islington 'in-person' activities are currently paused.

*Contact us for further information about these partner activities:

CALcovedes@ageukislington.org.uk.

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