

# July 2021 FREE Get Togethers

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

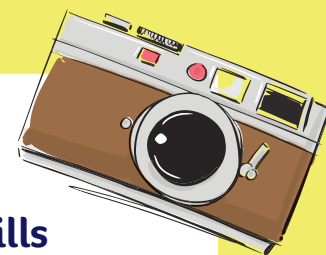


## MONDAYS

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  
4pm - 5pm\*

PAINTING APPRECIATION learn about painting from different eras

HOW TO ENJOY COOKING join us for some fabulous recipes!

## WEDNESDAYS

11am - 12 noon

REMINISCENCE chat and share memories over a cuppa



## THURSDAYS

From 11am  
12 noon - 1pm

GREATER LONDON WALKS historical walks for older adults

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

## FRIDAYS

11am - 12 noon

YOGA & MEDITATION reduce stress, anxiety & maintain flexibility!



## July 2021

Special Events & Support Groups

SPECIAL PAINTING APPRECIATION Tues 6, 11am - 12 noon

LET'S TALK PEER SUPPORT GROUP Wed 7, 10.30am - 12pm

VISUAL ARTS WORKSHOPS Starting Thurs 8, 2.30pm (4 sessions)

FUTURE MATTERS WORKSHOPS 13 / 19 / 29 - 11am or 2pm

CARERS SUPPORT GROUP Wed 28, 10.30am - 12pm



\*1st Tuesday of the month

For the full programme of activities see:

[www.ageuk.org.uk/islington/get-togethers](http://www.ageuk.org.uk/islington/get-togethers)