

Join us for FREE online activities

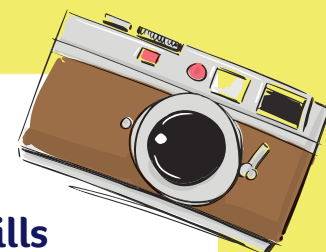
Join Age UK Islington and Islington Carers Hub to discover new interests, meet others and keep moving!

MONDAYS

11am - 12 noon
From 2pm

ART JOURNALING 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

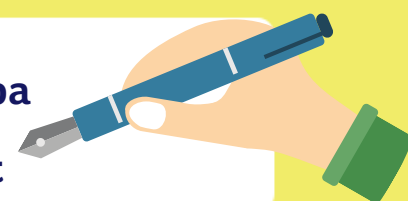
HOW TO ENJOY COOKING join us for some fabulous recipes!

WEDNESDAYS

11am - 12 noon
2.30 - 4.30pm

REMINISCENCE chat and share memories over a cuppa

CREATIVE WRITING let your inner creativity come out



THURSDAYS

12 noon - 1pm

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

Call us on 020 7281 6018 to book a support session

FRIDAYS

11am - 12 noon
2pm - 3pm

YOGA & MEDITATION reduce stress, anxiety & maintain flexibility!

MUSIC APPRECIATION join us on a musical journey!



May 2021

Special Events &
Support Groups

NATURE'S PURE LOVE WORKSHOP Tues 4 May, 10am - 12pm

LET'S TALK! GROUP Wed 5 May, 10.30am - 12pm

DYING MATTERS WEEK WORKSHOPS Tues 11 & Thurs 13 - 2pm

MENTAL HEALTH CARERS SUPPORT GROUP Mon 17 May, 10.30am

CARERS SUPPORT GROUP Wed 26 May, 10.30am - 12pm

For the full programme of activities, including when we're returning to the delivery of in person community Get Togethers:

www.ageuk.org.uk/islington/activities-and-events/