

Drovers Activities Centre – October 2019

MON 30 th SEPT	TUE 1 st OCT	WED 2 nd OCT	THU 3 rd OCT	FRI 4 th OCT	SUN 6 th OCT
<p>Sugar Craft – 10am-12noon – Free</p> <p>Bingo – 1pm-3pm – Free</p> <p>Cards – 1pm-3pm – Free</p> <p>Chair Pilates – 3:30pm-4:30pm – £3</p>	<p>Tai-Chi – 10:30am-12noon – Free</p> <p>Painting & Art – 11am-1pm – Free</p> <p>Keep Fit – 1:30pm-2:30pm – £2</p> <p>Spanish – 2pm-3:15pm – Free</p> <p>IT support by appointment only – 3pm-onwards – Free</p>	<p>Photography – No Session this week</p> <p>Music Group – 10:30am-12noon – Free</p> <p>Sing-a-long – 11am-12noon</p> <p>Needlecraft – 1pm- 2:30pm – Free</p> <p>Bloomin' Gardeners – 2pm-4pm – Free</p> <p>Cardio Fun with Pilates – 3pm-4pm – £3</p> <p>IT support by appointment only – 3pm:15pm-onwards – Free</p>	<p>Hairdressing – 9:30am-12:30pm – ask reception for price list</p> <p>Table Tennis & Dominoes – 10am-12noon – Free</p> <p>Soup & Salads Community Kitchen - 10am-12noon – Free</p> <p>Community lunch – 12noon-1pm - £2 donation</p> <p>Creative Art Class – 12-2pm - Free</p> <p>Bingo – 1pm-3pm – Free</p> <p>Fabric Printing & Embroidery – 2:30pm-4:30pm – Free</p> <p>Boccia – 3pm-4pm - Free</p>	<p>Short Mat Bowls – 10am-12noon – Free</p> <p>Spanish for beginners – 11am-12noon - Free</p> <p>Water colour – 1pm-3pm – Free</p> <p>Chair Based Yoga - 2pm-3pm - £3</p> <p>Specialised IT support – Security/staying safe online - <u>requires booking</u> – 3pm-4:30pm - Free</p> <p>IT support by appointment only – 3:15pm-onwards – Free</p>	<p>Silver Sunday: Celebration of Culture – 1pm-3pm – Free – please bring a dish from your culture.</p>

MON 7 th OCT	TUE 8 th OCT	WED 9 th OCT	THU 10 th OCT	FRI 11 th OCT
<p>Sugar Craft –10am-12noon – Free</p> <p>Bingo – 1pm-3pm – Free</p> <p>Cards – 1pm-3pm – Free</p>	<p>Tai-Chi – 10:30am-12noon – Free</p> <p>Painting & Art – 11am-1pm – Free</p> <p>Keep Fit – 1:30-2:30pm - £2</p> <p>Spanish – 2-3:15pm - Free</p> <p>IT support by appointment only – 3pm-onwards – Free</p>	<p>Photography – in Drovers - 10am-12noon – Free</p> <p>Music Group -10:30am-12noon – Free</p> <p>Special Reminiscence – vintage postcards with Colin Levy – 11am-12noon - Free</p> <p>Needlecraft – 1pm-2:30pm – Free</p> <p>Bloomin' Gardeners – 2pm-4pm – Free</p> <p>IT support by appointment only – 3:15pm-onwards – Free</p> <p>Line Dancing – 5pm-7pm – £2-4</p>	<p>Hairdressing – 9:30am-12:30pm – ask reception for price list</p> <p>Table Tennis & Dominoes – 10am-12noon – Free</p> <p>The big draw am – 12pm-2pm – Free - Experimental large-scale Drawing</p> <p>Bingo – 1pm-3pm – Free</p> <p>The big draw pm - 2pm-4pm – Free - explore innovative ways of drawing with textiles and thread</p> <p>Fabric Printing & Embroidery – 2:30pm-4:30pm – Free</p>	<p>Short Mat Bowls – 10am-12noon – Free</p> <p>Spanish for beginners – 11am-12noon - Free</p> <p>Gentle Exercise – 11am-12noon – Free</p> <p>Water colour – 1pm-3pm – Free</p> <p>Chair Based Yoga - 2pm-3pm - £3</p> <p>Specialised IT support – Social media training - <u>requires booking</u> – 3pm-4:30pm - Free</p> <p>IT support by appointment only – 3:15pm-onwards – Free</p>

MON 14 th OCT	TUE 15 th OCT	WED 16 th OCT	THU 17 th OCT	FRI 18 th OCT	SUN 20 th OCT
<p>Sugar Craft – 10am-12noon – Free</p> <p>Bingo – 1-3pm – Free</p> <p>Card Games – 1-3pm – Free</p> <p>Chair Pilates – 3:30-4:30pm - £3</p>	<p>Tai-Chi – 10:30am-12noon – Free</p> <p>Painting & Art – - 11am-1pm – Free</p> <p>Keep Fit – 1:30-2:30pm - £2</p> <p>Spanish – 2-3:15pm - Free</p> <p>IT support by appointment only – 3pm-onwards – Free</p> <p>North London Cares Dance Club – 6-7:45pm - Free</p>	<p>Photography – out in the community - 10am-12:30pm – Free</p> <p>Music Group - 10:30am-12noon – Free</p> <p>Reminiscence – 11am-12noon - Free</p> <p>Needlecraft – 1-2:30pm – Free</p> <p>Bloomin' Gardeners – 2-4pm – Free</p> <p>Cardio Fun with Pilates – 3-4pm – £3</p> <p>IT support by appointment only – 3:15pm-onwards – Free</p> <p>Line Dancing – 5-7pm – £2-4</p>	<p>Hairdressing – 9:30am-12:30pm – ask reception for price list</p> <p>Table Tennis & Dominoes – 10am-12noon – Free</p> <p>Creative Art Class – 12-2pm - Free</p> <p>Bingo – 1-3pm – Free</p> <p>Fabric Printing & Embroidery – 2:30-4:30pm – Free</p> <p>Boccia – 3-4pm - Free</p>	<p>Short Mat Bowls – 10am-12noon – Free</p> <p>Spanish for beginners – 11am-12noon - Free</p> <p>Water colour – 1-3pm – Free</p> <p>Chair Based Yoga - 2-3pm - £3</p> <p>Specialised IT support – buying online - <u>requires booking</u> – 3-4:30pm - Free</p> <p>IT support by appointment only – 3:15pm-onwards – Free</p>	<p>Short Mat Bowls – 2-4pm – Free</p>

MON 21 st OCT	TUE 22 nd OCT	WED 23 rd OCT	THU 24 th OCT	FRI 25 th OCT
<p>Sugar Craft – 10am-12noon – Free</p> <p>Bingo – 1-3pm – Free</p> <p>Card Games – 1-3pm – Free</p> <p>Chair Pilates – 3:30-4:30pm - £3</p>	<p>Tai-Chi – 10:30am-12noon – Free</p> <p>Painting & Art - 11am-1pm – Free</p> <p>Keep Fit – 1:30-2:30pm – £2</p> <p>Spanish – 2-3:15pm - Free</p> <p>IT support by appointment only – 3pm-onwards – Free</p>	<p>Photography – at Drovers - 10am-12noon – Free</p> <p>Music Group - 10:30am-12noon – Free</p> <p>Special Reminiscence – black history month – 11am-12noon - Free</p> <p>Needlecraft – 1-2:30pm – Free</p> <p>Bloomin' Gardeners - 2-4pm – Free</p> <p>Cardio Fun with Pilates – 3-4pm – £3</p> <p>IT support by appointment only – 3:15pm-onwards – Free</p> <p>Line Dancing – 5-7pm-£2-4</p>	<p>Hairdressing – 9:30am-12:30pm – ask reception for price list</p> <p>Table Tennis & Dominoes – 10am-12noon – Free</p> <p>Creative Art Class – 12-2pm - Free</p> <p>Bingo – 1-3pm – Free</p> <p>Fabric Printing & Embroidery – 2:30-4:30pm – Free</p>	<p>Short Mat Bowls – 10am-12noon – Free</p> <p>Spanish for beginners – 11am-12noon - Free</p> <p>Water colour – 1-3pm – Free</p> <p>Chair Based Yoga - 2-3pm - £3</p> <p>Specialised IT support – Digital skills - <u>requires booking</u> – 3-4:30pm - Free</p> <p>IT support by appointment only – 3:15pm-onwards – Free</p>

MON 28 th OCT	TUE 29 th OCT	WED 30 th OCT	THU 31 st OCT	FRI 1 st NOV	SUN 3 rd NOV
<p>Sugar Craft – 10am-12noon – Free</p> <p>Bingo – 1-3pm – Free</p> <p>Card Games – 1-3pm – Free</p> <p>Chair Pilates – 3:30-4:30pm - £3</p>	<p>Tai-Chi – 10:30am-12noon – Free</p> <p>Painting & Art - 11am-1pm – Free</p> <p>Keep Fit – 1:30-2:30pm – £2</p> <p>Spanish – 2-3:15pm - Free</p> <p>IT support by appointment only – 3pm-onwards – Free</p>	<p>Photography – out in the community - 10am-12:30pm – Free</p> <p>Music Group - 10:30am-12noon – Free</p> <p>Reminiscence – 11am-12noon - Free</p> <p>Needlecraft – 1-2:30pm – Free</p> <p>Bloomin' Gardeners – 2-4pm – Free</p> <p>Cardio Fun with Pilates – 3-4pm – £3</p> <p>IT support by appointment only – 3:15pm-onwards – Free</p> <p>Line Dancing – 5-7pm- £2-4</p>	<p>Hairdressing – 9:30am-12:30pm – ask reception for price list</p> <p>Table Tennis & Dominoes – 10am-12noon – Free</p> <p>Creative Art Class – 12-2pm - Free</p> <p>Bingo – 1-3pm – Free</p> <p>Fabric Printing & Embroidery – 2:30-4:30pm – Free</p> <p>Boccia – 3-4pm - Free</p> <p>Art Evening: Photography – 5.30pm - 7pm Free</p>	<p>Short Mat Bowls – 10am-12noon – Free</p> <p>Spanish for beginners – 11am-12noon - Free</p> <p>Water colour – 1-3pm – Free</p> <p>Chair Based Yoga - 2-3pm - £3</p> <p>IT support by appointment only – 3:15pm-onwards – Free</p>	<p>Short Mat Bowls – 2-4pm – Free</p>

If you'd like to book into any session or you have any further enquiries, please call the Drovers Centre on 020 7607 7701 or our Contact Centre on 020 7281 6081.