

Islington

Let's Get Together



Booking essential!

Please contact the venue directly to book a place.

Health & Wellbeing Walk

Friday 3 October, 10am

Discover local wildlife and enjoy the changing seasons on a gentle 30-minute walk with plenty of rest stops. Finish with free refreshments. All welcome (dementia friendly).

Islington Ecology Centre Gillespie Park,
191 Drayton Park, N5 1PH

NO NEED TO BOOK



Saturday Socials Walking Tour – Cubitt Arts

Saturday 4 October, 11am–1pm

Join Lucy Steggals & Saturday Socials for a creative walk exploring ledges, puddles, hooks & holes, & visit Nicola Singh's exhibition.

Cubitt Art Gallery 8 Angel Mews, N1 9HH

BOOK YOUR PLACE Call 020 7278 8226
or email join-in@cubittartists.org.uk



Jam & Chutney Making – Octopus Community Network

Tuesday 7 October, 10.30am–1.30pm

Learn how to make jam and chutney and get involved in a new project to plant 3 new Community Orchards in Islington. Free Lunch!

Hilldrop Community Centre Hilldrop Rd, N7 0JE

BOOK ONLINE tinyurl.com/orchardbooking
or email info@octopuscommunities.org.uk

Join us for a week of joyful, creative events for over 50s

From walks and exhibitions to theatre and jam-making!

Blue House Club – Special Edition

Wednesday 8 October, 11am–1.30pm

Bring a favourite photo of yourself and share the story behind it over a delicious lunch and cream tea. Optional: dress up in something special or an outfit that brings back memories!

Elizabeth House Community Centre

2 Hurlock St, N5 1ED

BOOK YOUR PLACE Call 020 7690 1300
or email info@elizabeth-house.org.uk

Park Theatre Matinee

Thursday 9 October,
2pm for 3pm performance

Experience the magic of one of London's leading theatres with a Pay-What-You-Can matinee performance of *The Woman* (suggested £3). Enjoy refreshments from 2pm.

Park Theatre 13 Clifton Terrace, Finsbury Park, N4 3JP

BOOK YOUR PLACE

Call Age UK Islington 020 7281 6018 or email gethelp@ageukislington.org.uk



Sadler's Wells Theatre Experience

Friday 10 October, 11am–1pm

A special event for people living with dementia and their carers. Includes a guided tour, a rehearsal by the Company of Elders, and refreshments.

Sadler's Wells Theatre Rosebery Avenue, EC1R 4TN

BOOK YOUR PLACE

Text/whatsapp 07585505219 or
rosie.nicholas@sadlerswells.com

