

## Timetable for Social Club 55+ JULY 2025

Time	Tuesday	Wednesday	Thursday
10.30 - 11.30am	<b>Strength and Stability</b> with Petra (£3)		<b>Outdoor Qi Gong Class</b> with Marco (£3) in Whittington Park meet outside the WPCA Cafe
11.00am	<b>11'oclock Club</b> - Come in for a chat and a cuppa / watch some TV or read a book  <b>Pickleball for all – 11am – 1pm</b>	<b>Tech, Tea and Biscuits - get help with all your tech queries (Free)</b> in the Café  <b>Creative Writing with Long Stories Short CIC</b> (starting 14 <sup>th</sup> May)	<b>11'oclock Club</b> - Come in for a chat and a cuppa - / watch some TV or read a magazine
11.30 – 12.30		<b>55+ Chair based Exercise with Naomi</b>	
12 – 1pm	<b>Line Dancing</b> with Anna (£3)		<b>KNIT AND NATTER in the Lounge</b>
1-1.30pm	<b>Lunch</b> (£4) is served in the café	<b>Lunch</b> (£4) is served in the café	<b>Lunch</b> (£4) is served in the café
1.30 – 2pm	<b>Manicure with Pang (Free)</b> Every first Tuesday of the month  <b>or</b>		
2 – 4pm	<b>Arts &amp; Crafts</b> group (with Sue every fortnight, Lounge)  <b>or</b>  <b>SING-ALONG in the Café</b>	<b>Film Club (Free)</b> in the Lounge  Or  <b>Dance Fitness 55+ with Val</b>	<b>Poetry Club (Free)</b> meet in the Lounge  <b>Men's Club with Martin (Free)</b> Join us for relaxed afternoons of games (Ping Pong, Darts, Pool) and good company!

**Ballroom & Latin Dance** (*for Beginners / Improvers*) **on Mondays in Hocking Hall from 2-4pm**, contact **Steve on 07985903910** or [info@stevedancing.co.uk](mailto:info@stevedancing.co.uk) for details.

We also do visits of places of interest (like the British Museum) and places of natural beauty (Kew Gardens) (Canal Boat Ride) We are also open to suggestions - so please do get in touch.

For joining & confirmation, please contact **Penelope Diaz** the Coordinator Social Club for 55+ Phone: **020 3848 9253** (please leave a message if there is no answer) e: [penelope@whittingtonpca.org.uk](mailto:penelope@whittingtonpca.org.uk)