

March Activities Calendar, 6-9 Manor Gardens, N7 6LA

MONDAY

11:00-12:30	Women's Crafting Class (Room 9 Ground Floor) A Safe and welcoming space to get creative and enjoy relaxing conversations.
12:30-14:00	Family ESOL classes (Room 9 Ground Floor) English learning with Islington adult community learning tutors. BOOKING REQUIRED

TUESDAY

11:00-12:30	Art for wellbeing BOOKING REQUIRED Join our small supportive group too help you de-stress, express yourself, and explore the connection between creativity and mental wellness!
11:00-12:00	Reading for Wellbeing (Room 9 Ground Floor) Practise your English through reading of fiction, positive news publications & poetry.
12:00-13:00	Conversation café (Room 9 Ground Floor) Practise English through conversation, discussion and exercises in a friendly space.
18:00-20:00	LGBTQIA+ support group (Room 9 Ground Floor) BOOKING REQUIRED Peer support & wellbeing for the LGBTQIA+ community in a safe, confidential space.

WEDNESDAY

10:30-12:30	Coffee Morning (Training Room, 10 Manor Gardens) Join us for conversations around wellbeing, information and support.
11:00-12:00	Food Co-operative and community sharing space (Room 9 Ground Floor) A community co-op with surplus food for local residents for £3 per week.
13:00-14:00	CHAIR YOGA (ROOM 8 GROUND FLOOR) Gentle chair-based exercise for wellness.

THURSDAY

11:30-13:00	English Reading helper for beginners (Room 9 Ground Floor) BOOKING REQUIRED Practise English speaking and writing
11:30-12:30	Mat Yoga (Room 9 Ground Floor) BOOKING REQUIRED Gentle floor-based yoga exercise to relax and build resilience and strength
16:00-18:00	Painting for Wellbeing (Room 9 Ground Floor)

Come and try your hand at painting or drawing to improve your wellbeing.

FRIDAY

10:00-11:30	Digital Skills (Dame Geraldine Hall) BOOKING REQUIRED
16:00-17:30	All language level welcome, Arabic, Dari & Pashto support available.
10.30-12:30	Breakfast and games morning (Room 9 Ground Floor) Join us for our weekly fun, friendly tea, toast, conversation and games.
Jean's Café	Delicious, pay-what-you-feel lunches every Friday at 1pm At JEANS STOKE COMMUNITY CENTRE. N1 0DX

For more information or to book a place, contact: Khadidja Dzanouni, Activities & Project Worker

 07519 588576 OR  khadidja@manorgardenscentre.org

All activities are free & open to everyone. To support our much-needed wellbeing activities & community work, donate: localgiving.org/charity/manorgardenswelfaretrust/. Registered charity no. 1036053