

# Let's Get Back TOGETHER



Mon 4<sup>th</sup> – Fri 8<sup>th</sup> October

Booking essential!

A celebration of a return to meeting up in person, over food! Adults of all ages are welcome!

**Monday**  
11am – 1pm

4<sup>th</sup>

## Shared breakfast & sporting memories

Everyone is welcome at our community breakfast! Board games and Arsenal in the Community will be sharing sporting memories at Manor Gardens (N7, North Islington)



**Thursday**  
12 – 2pm

7<sup>th</sup>

over 55's

## 3 course lunch for the special price of £1

Join us for a nutritious 3 course lunch (usually £5.50) together with Jukebox requests at the friendly St Luke's Community Centre (EC1, South Islington)

**Tuesday**  
2 – 5pm

5<sup>th</sup>

## Afternoon tea & talk

Join us for a free afternoon tea & a talk in the wonderful surroundings of the historic Charterhouse (EC1, South Islington)



**Friday**  
2 – 4pm

8<sup>th</sup>

## Sadler's Wells Matthew Bourne dance workshop

Learn dance steps in the choreographic style of Matthew Bourne's dance production The Nutcracker. Take part seated or standing, with free afternoon tea to follow. Sadler's Wells (EC1, Central Islington)

**Wednesday**

10.30am – 12  
12 – 1.30pm

6<sup>th</sup>

## Creative free art workshop

Try something creative with our artist-led cooking journal workshop! Free morning tea & snacks or free lunch at the landmark Cally Clock Tower Centre (N7, North Islington)



To book, call our Helpline:  
on **020 7281 6018**  
Or email: [gethelp@ageukislington.org.uk](mailto:gethelp@ageukislington.org.uk)

For venue information, see our website:  
[www.ageuk.org.uk/islington/lets-get-back-together](http://www.ageuk.org.uk/islington/lets-get-back-together)

\*We'll be closely following government social distancing guidelines



Supported by



ISLINGTON