

| Date  | Time          | Activity/Event   | Venue   | Extra info  |
|---|---------------|--|---|---|
| Monday 29 <sup>th</sup> September   | 12:30-1:30    | Wanstead Activity Centre Lunch to include Mayor official opening exhibitions | Wanstead Activity Centre 2 Grove Park E11 2DL             | Note: If you require 2 course lunch (£8.00) please book before 11:00 on the day or in advance on 020 8989 6338  |
| Monday 29 <sup>th</sup> September   | 1:30-2:00     | Mayor opening of Wanstead Activity Centre Volunteer Exhibition               | Wanstead Activity Centre 2 Grove Park E11 2DL - Back room | Come along to Mayor's opening of Wanstead Activity Centre Volunteer Exhibition.   |
| Monday 29 <sup>th</sup> September   | 2:15-3:15     | Charity Fundraising Comedy Show  | Wanstead Activity Centre 2 Grove Park E11 2DL - Back room | Tickets available via Wanstead Activity Centre (£4). Please contact 0208 989 6338   |
| Monday 29 <sup>th</sup> September to Friday 3 <sup>rd</sup> October (Every day) | 12:30         | 2 Course Lunches freshly prepared by our Cooks served every day              | Wanstead Activity Centre 2 Grove Park E11 2DL -           | Note: If you require 2 course lunch (£8.00 or £8.50 for roast lunch) please book before 11:00 on the day or in advance on 020 8989 6338                   |
| Monday 29 <sup>th</sup> September   | 10:00-11:00   | Chair Based Exercise with Sami   | Ilford Library, Clements Road, IG1 1EA, Floor 1           | Booking in advance is required. Please contact <a href="mailto:amber.mirza@ageukrbh.org.uk">amber.mirza@ageukrbh.org.uk</a>                               |
| Monday 29 <sup>th</sup> September   | 11:00-12:00   | Chair Based Exercise with Sami   | Ilford Library, Clements Road, IG1 1EA, Floor 1           | Booking in advance is required. Please contact <a href="mailto:amber.mirza@ageukrbh.org.uk">amber.mirza@ageukrbh.org.uk</a>                               |
| Monday 29 <sup>th</sup> September   | 10:00-10:50   | Tai Chi with John  | Ilford Library, Clements Road, IG1 1EA, Floor 1           | Booking in advance is required. Please contact <a href="mailto:amber.mirza@ageukrbh.org.uk">amber.mirza@ageukrbh.org.uk</a>                               |
| Monday 29 <sup>th</sup> September   | 1:00pm-3:00pm | Arts and Craft Session   | Fullwell Cross Library, 140 High Street, Ilford IG6       | Booking required via Age UK Di's Diamonds Service. Email <a href="mailto:disdiamonds@ageukrbh.org.uk">disdiamonds@ageukrbh.org.uk</a> or call 07494035950 |

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|                                    |                 |  | 2EA   |   |
| Tuesday 30 <sup>th</sup> September | 10:00am-12:00pm | Craft/knitting                                   | Wanstead Activity Centre 2 Grove Park E11 2DL   | Paid session £4.00 please book in advance on 0208 989 6338  |
| Tuesday 30 <sup>th</sup> September | 10:00-12:00     | Drop in Group IT                                 | Wanstead Activity Centre 2 Grove Park E11 2DL   | Free  |
| Tuesday 30 <sup>th</sup> September | 1:30-3:00pm     | Bridge   | Wanstead Activity Centre 2 Grove Park E11 2DL   | Free Drop in session  |
| Tuesday 30 <sup>th</sup> September | 2:00-3:00pm     | Volunteer Exhibition at Wanstead Activity Centre | Activity Centre 2 Grove Park E11 2DL - Back room  | No booking required. Exhibition opened in the back room. Refreshments available to purchase. If you require lunch served at 12:30 please book before 11:00 on the day or in advance on 020 8989 6338  |
| Tuesday 30 <sup>th</sup> October   | 10am - 12pm     | Digital Support Class                            | Age UK Redbridge, Barking and Havering office, 4 <sup>th</sup> Floor, 103 Cranbrook Road, IG1 4PU | Digital Support session ( fully booked) in progress, however please pop in for a leaflet.   |
| Wednesday 1 <sup>st</sup> October  | 10:00am 3:00pm  | Positive Ageing Week Main Event                  | Ilford Central Library, Ilford IG1 1EA  | Join us on International Day of Older People for a range of stalls, information sessions, exercise taster sessions and advice. Free NHS Checks are also available on the day. Lunch and refreshments provided and the venue is Wheelchair accessible. |
| Wednesday 1 <sup>st</sup> October  | 1:pm-3:00pm     | Jigsaw club                                      | Wanstead Activity Centre 2 Grove Park E11 2DL   | Free, with refreshments available to purchase   |
| Wednesday 1 <sup>st</sup> October  | 1:30-2:30pm     | Nordic Walking                                   | Valentine's Park  | Pre booking required via Falls Service. Please contact <a href="mailto:amber.mirza@ageukrbh.org.uk">amber.mirza@ageukrbh.org.uk</a>   |
| Thursday 2 <sup>nd</sup> October   | 12:00am-2:00pm  | Lunch  | King George V Pub, 645  | Booking required via Age UK Di's Diamonds Service. Email  |

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|                                |                |   | Cranbrook Road, IG2 6SX                       | <a href="mailto:disdiamonds@ageukrbh.org.uk">disdiamonds@ageukrbh.org.uk</a> or call 07494035950  |
| Thursday 2nd October           | 1:00pm-3:00pm  | Board games/chess                                       | Wanstead Activity Centre 2 Grove Park E11 2DL | Free, refreshments available to purchase  |
| Friday 3 <sup>rd</sup> October | 10am - 12:00pm | Volunteer Recruitment Drive at Wanstead Activity Centre | Wanstead Activity Centre 2 Grove Park E11 2DL | No booking required.<br>If you require lunch £8.50 for two courses served at 12:30 please book before 11:00 on the day or in advance on 020 8989 6338 |