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**WHAT’S ON FOR GREENWICH RESIDENTS 50 YEARS +**

**February & March 2025**

All these activities are free. Booking is essential. Donations welcome.

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|  **Tuesday** |  |  |
| **DANCE FOR WELLNESS****9.45 – 10.45am***Dance for Wellness classes use dance movement to benefit people with mobility difficulties.**Due to the instructor’s availability, it won’t be on in February.**It will run throughout March. The last session will be**Tuesday 25 March 2025.* | **Age UK Bromley & Greenwich****2-6 Sherard Road****Eltham****SE9 6EX** | For more information, please contact  Andrea Redwood on **07398130796 or** email**hwbdgreenwich@ageukbandg.org.uk** |
| **COFFEE AFTERNOONS2 – 4pm***You are invited to our senior Coffee Afternoons for wonderful company, cake, guest speakers and a monthly raffle.* | **Age UK Bromley & Greenwich****2-6 Sherard Road****Eltham****SE9 6EX** | For more information, please contact Andrea Redwood on **07398130796** or email**hwbdgreenwich@ageukbandg.org.uk** |
| **Wednesday** |  |  |
| **Stitch & Mix Social Group****10am – 12 mid-day. Starts 05 February***We are a welcoming group passionate about**stitching, textile arts and crafts* | **Age UK Bromley & Greenwich****2-6 Sherard Road****Eltham****SE9 6EX** | For more information, please contact Sue Riley on **07539351082**or email**hwbdgreenwich@ageukbandg.org.uk** |
| **COMMUNITY CHOIR****The Sherard Road Songbirds. 2.15 – 4.15pm,** **term time only.***Working with the National Youth Jazz Orchestra – NYJO.**No singing experience necessary.* | **Age UK Bromley & Greenwich****2-6 Sherard Road****Eltham****SE9 6EX** | For more information, please contact Sue Riley on **07539351082** or email**hwbdgreenwich@ageukbandg.org.uk** |
| **Thursday** |  |  |
| **Music and Movement and Social Club****10am to 12.30pm***Chair based gentle exercises to music followed by board games, quizzes, guest speakers and more.* | **Richard Neve House, 57 Plumstead High Street,****London SE18 1SS** | For more information, please contactAndrea Redwood on **07398130796 or** email**hwbdgreenwich@ageukbandg.org.uk** |
| **SOCIAL CLUB****2:30am - 4pm** *You are invited to our Social Club for wonderful company,* *board games, bingo and guest speakers.* | **Abbey Wood Library,****Eynsham Drive,** **Abbey Wood,****London, SE2 9PT** | For more information, please contact  Sue Riley on **07539351082** oremail**hwbdgreenwich@ageukbandg.org.uk** |
| **Friday** |  |  |
| **MONTHLY TRIPS OUT****Meeting point at 9.30am***Next trip will take place on 28 February 2025,* *Venue to be confirmed.* | **Meeting point at 2 – 6 Sherard Road, in Eltham SE9 6EX****using public transport and walking, group visits to museums, galleries and places of interest.** | For more information, please contactSue Riley on **07539351082** or email**hwbdgreenwich@ageukbandg.org.uk** |
| **Stitch & Mix Social Group****1:30 - 3:30pm. Starts 07 February** 1st & 3rd Friday of the month *We are a welcoming group passionate about* *stitching, textile arts and crafts* | **Blackheath Standard Library****Old Dover Road****Blackheath****SE3 7BT** | For more information, please contactSue Riley on **07539351082** or email**hwbdgreenwich@ageukbandg.org.uk** |

**USEFUL CONTACTS**

**We hold Information and Advice Drop Ins 9.30am to 12.30pm, Monday to Friday**

**at Age UK Bromley and Greenwich, 2- 6 Sherard Road, Eltham, SE9 6EX**

This service is available to Greenwich residents 50 years +

Our expert advisor provides generalist advice on a range of issues including employment, welfare benefits, debt, housing, legal issues, and consumer rights.

**Volunteer with Us**

**We have several exciting volunteering opportunities in Greenwich.**

These include one to one telephone and home visiting befriending, supporting our social and crafting groups, events and trips out.

For more information, please call **020 83151883 / 07399 202314** or email **volunteering@ageukbandg.org.uk**