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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**](mailto:hwbdgreenwich@ageukbandg.org.uk) |
| **COFFEE AFTERNOONS 2 – 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**](mailto: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](mailto: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**](mailto: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 contact  Andrea Redwood on **07398130796 or** email  [**hwbdgreenwich@ageukbandg.org.uk**](mailto: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**](mailto: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 contact  Sue Riley on **07539351082** or email  [**hwbdgreenwich@ageukbandg.org.uk**](mailto: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 contact  Sue Riley on **07539351082** or email  [**hwbdgreenwich@ageukbandg.org.uk**](mailto: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**