

Weekly Activities Spring 25

Mondays 10.30-11.30am	Women only Zumba	Portsocken Community Centre E1 8AH	Gentle Zumba class for women 55+
Mondays 2.15-4pm	Golden Social	Golden Lane Community Centre, Fann St EC1Y ORD	Tea, coffee, chat, board games, crafts, films, visiting speakers
Tuesdays 10.30-11.30am	Very gentle health walk (for Square Mile Health Walks see Walks Programme)	Meet by Giddy Up Coffee, Fortune Street Park EC1Y 0SB	A social walk to improve confidence, balance and stability. Tea & coffee to finish
Tuesdays 5.30-7pm	Digital Support	Barbican Library, Barbican Centre EC2Y 8DS	Bring along your phone or tablet to get help with using it.
Wednesdays 2-4pm	Textile Crafts/ Knit and Natter (alternate Wednesdays)	Artizan Library Artizan St E1 7AF	Textile-based crafts including knitting, crochet, sewing etc
Wednesdays 4-5pm	Movement to Music	Portsocken Community Centre	A fun, active fitness class for people 55+
Fridays 10-11am	Seated yoga and walking meditation online class	Zoom	A friendly online class. Contact Alice for joining details
Fridays 2.15-3.15pm	Tai Chi	Golden Lane Community Centre	Tai Chi for people aged 55+

For more info email Alice.Westlake@AgeUKCityofLondon.org.uk
or call 0203 488 6884 (Mon-Thurs)

Web: www.ageukcityoflondon.org.uk

Calendar April 25:

When	What	Where	How
Tues 1 st April 2-4pm	Digital support Tech help for City residents, by appointment	Tudor Rose Court	Contact Nik Gupta on the details below
Wed 2 nd April 2 – 4pm	Knit and Natter	Artizan Library	Just turn up
Sat 5 th April 11am-12 noon	Square Mile Health walk: St Pauls circular	Meet at St Pauls tube, Café Nero	Just turn up Prompt 11am start
Sun 6 th April 10am-12 noon	Square Mile Health walk: NEW! Marylebone walk	Meet at Sherlock Holmes statue near Baker St tube	Just turn up Prompt 10am start
Mon 7 th April 2.15-4pm	Golden Social: Multi-storey book share Bring along a book that you loved as a child and one that is important to you now	Golden Lane Community Centre	Just turn up – don't forget your books!
Tues 8 th April 2-4pm	Digital support drop-in	Portsocken Community Centre	Just turn up
Mon 14 th 10.30am-12 noon	Art Discussion group	Zoom	Just log in Meeting ID: 849 376 2063 Passcode: hello
Mon 14 th April 2.15-4pm	Golden Social Easter special: afternoon tea and board games Indulge in a cream tea, a slice of Simnel cake or chocolate nest. Learn a new board game or play some old favourites.	Golden Lane Community Centre	Just turn up – contributions of cakes welcome
Tues 15 th April 2-4pm	NEW! Digital support drop-in	Shoe Lane Library, 1 Little New Street, EC4A 3JR	Just turn up
Wed 16 th April 2 – 4pm	Knit and Natter	Artizan Library	Just turn up
Mon 21 st April	NO GOLDEN SOCIAL	n/a	Bank holiday closure
Tues 22 nd April 2-4pm	Digital support drop-in	Portsocken Community Centre	Just turn up
Thurs 24 th April 2pm-4pm	Saatchi Gallery Flowers exhibition – a repeat of last month's visit	Saatchi Gallery, Sloane Square	Contact Alice to book a place
Thurs 24 th April 2pm-4pm	Square Mile Health walk Isle of Dogs walk Take the DLR from Bank to Crossharbour and walk around Docklands	Meet at Bank Tube station exit 6	Just turn up Prompt 2pm start

Sun 27 th April 12 noon onwards	British Museum community preview: Hiroshige exhibition	British Museum	Contact Alice to book a place
Mon 28 th April 2-4pm	Golden Social: film – A Simple Man Inspired by the life and works of LS Lowry	Golden Lane Community Centre	Just turn up Prompt 2pm start
Wed 30 th April 2 – 4pm	Knit and Natter	Artizan Library	Just turn up

Contact alice.westlake@ageukcityoflondon.org.uk / 0203 488 6884 (Mon-Thurs)

For Digital contact digitalinclusion@ageukcityoflondon.org.uk /
07977 997 436 (leave a message and Nik will get back to you)