

Weekly Activities Winter 24

Mondays 10.30-11.30am <i>No session on 30th Dec or 6th Jan</i>	Women only Zumba	Portsoken Community Centre E1 8AH	Gentle Zumba class for women 55+
Mondays 2.15-4pm <i>On every Monday throughout December</i>	Golden Social	Golden Lane Community Centre, Fann St EC1Y ORD	Tea, coffee, chat, board games, crafts, films, visiting speakers
Tuesdays 10.30-11.30am <i>No walk 24th or 31st Dec</i>	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 <i>No session 24th or 31st Dec</i>	IT Support	Barbican Library, Barbican Centre EC2Y 8DS	Bring along your phone or tablet to get help with using it.
Wednesdays 2-4pm <i>Last session 18th Dec, restarts 8th Jan</i>	Textile Crafts/ Knit and Natter (alternate Wednesdays)	Artizan Library Artizan St E1 7AF	Textile-based crafts including knitting, crochet, sewing etc
Wednesdays 4-5pm <i>No session 25th Dec or 1st Jan</i>	Movement to Music	Portsoken Community Centre	A fun, active fitness class for people 55+
Fridays 10.30-11.15am <i>Last session 20th Dec, restarts 17th Jan</i>	Seated exercise online class	Zoom Just log in: Meeting ID: 844 4646 6148 Passcode: 544581	A small friendly class. Can be done seated or standing
Fridays 2.15-3.15pm <i>No session 27th Dec or 3rd Jan</i>	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)

www.ageukcityoflondon.org.uk

Calendar December 24:

When	What	Where	How
Mon 2 nd Dec 2-4pm	Golden Social trip to Charterhouse <i>There will be no coffee afternoon on this day</i>	Meet 2pm at GLCC to walk to Charterhouse	Contact Alice to book a place. Priority will be given to regular Golden Social attendees
Wed 4 th Dec 2 – 4pm	Textile crafts: make a festive rag wreath	Artizan Library	Please rsvp so we know how many are coming
Thurs 5 th Dec 3-5pm	Sports taster sessions – badminton, pickle ball etc	Fusion Golden Lane	Contact Alice to book a place
Thurs 5 th Dec Doors open 6pm	Age UK Love Christmas Carol Concert	St Pauls Cathedral	Tickets are available from Age UK National website
Fri 6 th Dec 2pm/ 2.30pm	V&A Mughals exhibition	V&A museum, South Kensington	Contact Alice to book a place
Sat 7 th Dec 11am-12 noon	Square Mile Health walk: St Pauls circular	Meet at St Pauls tube, Café Nero	Just turn up Prompt 11am start
Sun 8 th Dec 10am-12 noon	Square Mile Health walk: Shakespeare to Welsh Ctr circular	Meet at rear of Shakespeare Pub	Just turn up Prompt 10am start
Mon 9 th Dec 10.30am-12 noon	Art Discussion Group	Zoom	Just log in Meeting ID: 849 376 2063 Passcode: hello
Mon 9 th Dec 2.15-4pm	Golden Social: Poetry, mince pies & mulled wine – bring your favourite poem to share with the group	Golden Lane Community Centre	Just turn up
Mon 16 th Dec 2-4pm	Golden Social Christmas Party – pot luck buffet (bring a dish if you can), Christmas book exchange, seasonal flower arranging, live music and more	Golden Lane Community Centre	Just turn up – EVERYONE WELCOME!
Wed 18 th Dec 2 – 4pm	Knit and Natter Christmas drinks and nibbles	Artizan Library	Just turn up
Thurs 19 th Dec 2-4pm	Square Mile Health walk: Kings Cross circular	Meet at Kings Cross bus stop E	Just turn up Prompt 2pm start
Thurs 19 th Dec 2-4pm	Amazon Audible Christmas party	Glasshouse yard, Barbican	Contact Alice to book a place
Mon 23 rd Dec 2-4pm	Golden Social: film – <i>The Holdovers</i>	Golden Lane Community Centre	Just turn up Prompt 2pm start
Mon 30 th Dec 2.15-4pm	Golden Social: coffee, chat and Scrabble	Golden Lane Community Centre	Just turn up
Fri 3 rd Jan 2-4pm	Age UK City of London New Year party	Holy Sepulchre church, High Holborn	Contact Alice to book a place