

## Weekly Activities Autumn 24

Mondays 10.30-11.30am	Women only Zumba	Portsoken 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	IT Support	Barbican Library, Barbican Centre EC2Y 8DS	Bring along your phone or tablet to get help with using it. For complete beginners and those needing a little extra help
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	Portsoken Community Centre	A fun, active fitness class for people 55+
Fridays 11-11.45am	Seated exercise online class	Zoom – contact Alice for details Or just log in: Meeting ID: 849 376 2063 Passcode: hello	A small friendly class. Can be done seated or standing
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](mailto:Alice.Westlake@AgeUKCityofLondon.org.uk)  
or call 0203 488 6884 (Mon-Thurs)  
[www.ageukcityoflondon.org.uk](http://www.ageukcityoflondon.org.uk)

## Calendar December 24:

When	What	Where	How
Mon 2 <sup>nd</sup> 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 <sup>th</sup> Dec 2 – 4pm	Textile crafts: make a festive rag wreath	Artizan Library	Please rsvp so we know how many are coming
Thurs 5 <sup>th</sup> Dec 3-5pm	Sports taster sessions – badminton, pickle ball etc	Fusion Golden Lane	Contact Alice to book a place
Thurs 5 <sup>th</sup> Dec Doors open 6pm	Age UK Love Christmas Carol Concert	St Pauls Cathedral	Tickets are available from Age UK National <a href="#">website</a>
Fri 6 <sup>th</sup> Dec 2pm/ 2.30pm	V&A Mughals exhibition	V&A museum, South Kensington	Contact Alice to book a place
Sat 7 <sup>th</sup> 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 <sup>th</sup> 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 <sup>th</sup> Dec 10.30am-12 noon	Art Discussion Group	Zoom	Just log in Meeting ID: 849 376 2063 Passcode: hello
Mon 9 <sup>th</sup> 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 <sup>th</sup> Dec 2-4pm	<b>Golden Social Christmas Party –</b> 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 <sup>th</sup> Dec 2 – 4pm	Knit and Natter Christmas drinks and nibbles	Artizan Library	Just turn up
Thurs 19 <sup>th</sup> Dec 2-4pm	Square Mile Health walk: Kings Cross circular	Meet at Kings Cross bus stop E	Just turn up Prompt 2pm start
Mon 23 <sup>rd</sup> Dec 2-4pm	Golden Social: film – <i>The Holdovers</i>	Golden Lane Community Centre	Just turn up Prompt 2pm start
Mon 30 <sup>th</sup> Dec 2.15-4pm	Golden Social: coffee, chat and Scrabble	Golden Lane Community Centre	Just turn up

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